

Fascia and compartments of the middle forearm

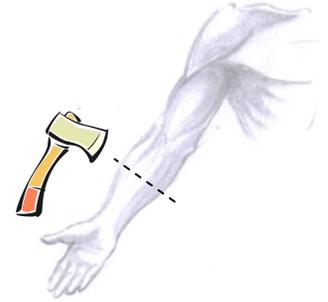
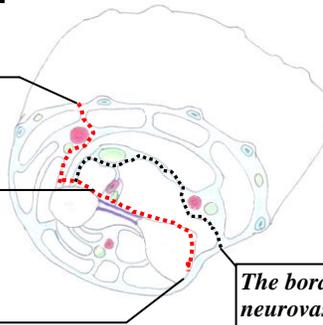
Section at the level of the mid-forearm

Boundaries of the compartments:

Lateral border: radial artery

Interosseous membrane

Medial border: subcutaneous ulna



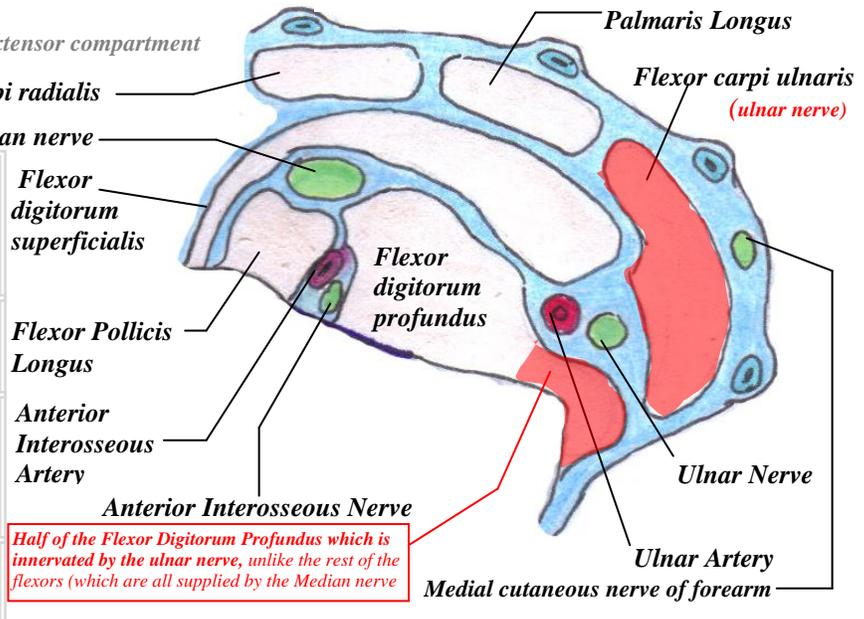
The border between layers 1-2 and layers 3-4 is the primary neurovascular plane of the anterior compartment: the neurovascular bundles exclusive to this compartment travel within it

FLEXOR COMPARTMENT

This is the beefier compartment; twice as fat as the extensor compartment

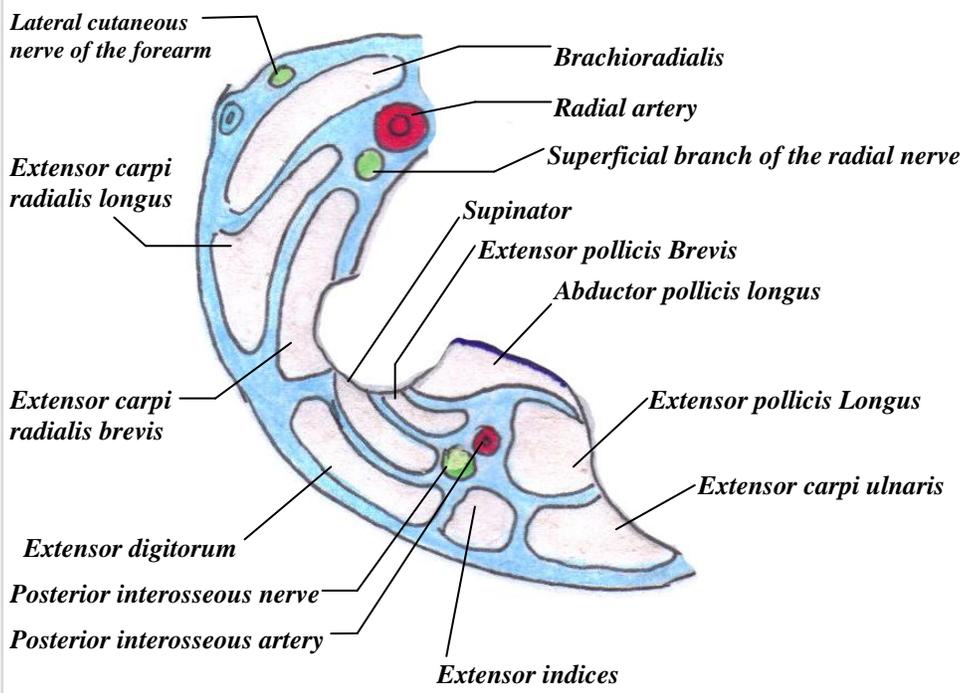
4 layers of muscles:

	LAYER 1: pronator teres (not shown, too proximal) Flexor carpi radialis Palmaris longus Flexor carpi ulnaris
	LAYER 2: Flexor digitorum superficialis
	LAYER 3: Flexor pollicis longus Flexor digitorum profundus
	LAYER 4: Pronator Quadratus (not shown, too distal)



Half of the Flexor Digitorum Profundus which is innervated by the ulnar nerve, unlike the rest of the flexors (which are all supplied by the Median nerve)

EXTENSOR COMPARTMENT



Muscles of a similar purpose are grouped together in compartments. The EXTENSORS are posteromedial, and the FLEXORS are anterolateral. They spiral round the arm and eventually the flexors become truly anterior and the extensors become truly posterior.

Functionally, the forearm includes the distal humerus because the muscles that attach at the supracondylar ridges and the epicondyles stretch along the forearm to move the wrist and fingers.

BOUNDARIES OF THE COMPARTMENTS

POSTERIORLY (proximal forearm) and MEDIALY (distal forearm), the subcutaneous border of the ulna

ANTERIORLY (proximal forearm) and then LATERALLY (distal forearm), the radial artery

Because neither of these boundaries is crossed by motor nerves they are used for surgical incisions