MEDICAL EDUCATION RESOURCE

Surface Markings of retinacula of Upper Limb

Flexor Retinaculum

The flexor retinaculum forms the roof of the **carpal tunnel**, converting the concavity of the carpus into a canal for tendons and the median nerve.

Marking Points

1. **Pisiform bone**
2. **Tubercle of the scaphoid bone**
3. **Hook of the hamate bone**
4. **Crest of the trapezium**

- The **upper border** is drawn by joining points (1) and (2); the **lower border**, by joining points (3) and (4).
- The upper border is **concave upwards**, and the lower border **concave downwards**.
- This marking corresponds to the **anterior aspect of the wrist** where the median nerve passes beneath the retinaculum and can be involved in **carpal tunnel syndrome**.

Extensor Retinaculum

The extensor retinaculum is an **oblique fibrous band**, about 2 cm broad, directed **downwards and medially** across the back of the wrist.

Attachments

- **Laterally:** To the lower salient part of the **anterior border of the radius**.
- **Medially:** To the **pisiform and triquetral bones**, and to the **styloid process of the ulna** .

It holds the **extensor tendons** in position as they cross the wrist and divides them into **six compartments**. Knowledge of its surface marking helps locate **ganglia**, **tendon pathologies**, or sites for **synovial sheath injections**.