

Surface Landmarks of Forearm

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Anterior Aspect

1. Medial Epicondyle of Humerus

- Easily palpable at medial side of elbow.
- Common origin for **superficial flexors of forearm**.

2. Lateral Epicondyle

- Common origin for **extensor muscles** of the forearm.

3. Biceps Tendon

- Prominent when forearm is flexed.
- Lies lateral to the **brachial artery** in cubital fossa.

4. Median Cubital Vein

- Lies superficial to the bicipital aponeurosis — used for **venipuncture**.

5. Flexor Muscles

- When forearm flexed, **tendons of flexor carpi radialis, palmaris longus, and flexor carpi ulnaris** become visible at the wrist.

6. Palmaris Longus Tendon

- Lies superficial and central at wrist (absent in 10–15% individuals).
- Medial to **flexor carpi radialis tendon** and lateral to **flexor carpi ulnaris tendon**.

7. Radial Artery

- Palpable in lower lateral forearm just lateral to flexor carpi radialis tendon ? **radial pulse site**.

8. Ulnar Artery

- Lies deep in forearm; palpable just lateral to **pisiform bone** at wrist.

Posterior Aspect

1. Olecranon Process

- Prominent bony point of elbow.
- Gives insertion to **triceps tendon**.

2. Dorsal Tubercle of Radius (Lister's Tubercle)

- Palpable on dorsum of distal radius — separates extensor tendons of thumb.

3. Tendons Visible During Extension

- *Extensor digitorum*, *extensor carpi radialis longus and brevis*, and *extensor pollicis longus* can be seen as ridges on dorsum of wrist.

4. Snuff Box (Anatomical Snuffbox)

- Triangular depression on lateral wrist bounded by:
 - **Anteriorly:** Abductor pollicis longus, extensor pollicis brevis.
 - **Posteriorly:** Extensor pollicis longus.
 - **Floor:** Scaphoid bone and radial artery.
 - *Clinical note:* Site of tenderness in **scaphoid fracture**.
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Bony Landmarks of Wrist and Hand

- **Styloid process of radius** ? Lateral; more distal than ulnar styloid.
 - **Styloid process of ulna** ? Medial; attachment for ulnar collateral ligament.
 - **Pisiform bone** ? Easily palpable on medial wrist.
 - **Thenar eminence** ? Bulge at base of thumb.
 - **Hypothenar eminence** ? Bulge at base of little finger.
 - **Flexion creases** on palm correspond to underlying **joints and tendons**.
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- **Radial pulse** ? felt between tendons of brachioradialis and flexor carpi radialis.
- **Ulnar pulse** ? lateral to pisiform.
- **Venipuncture site** ? median cubital vein in cubital fossa.
- **Fracture scaphoid** ? tenderness in anatomical snuffbox.
- **Epicondylitis:**
 - *Lateral epicondylitis* ? tennis elbow (extensor overuse).
 - *Medial epicondylitis* ? golfer's elbow (flexor overuse).