## **ANATOMIC ZONES** (in purposes of treatment)

-different on dorsal and palmar

- Zone 1-distal phalanx
- Zone 2-DIP, "critical area", "no man's land"
- Zone 3-medial phalanx
- Zone 4 -PIP
- Zone 5-proximal phalanx

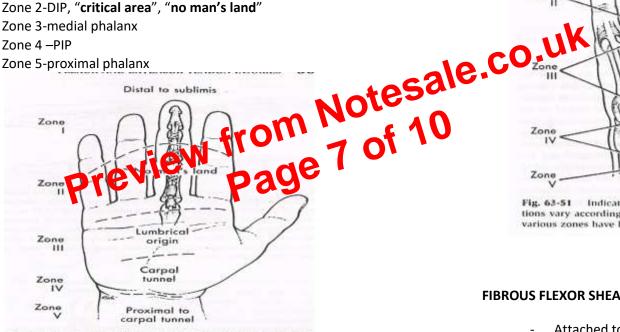
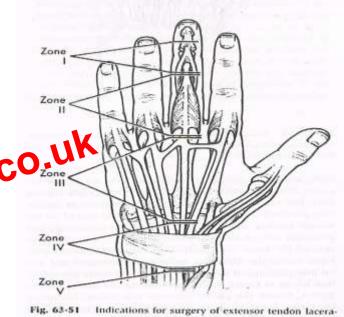


Fig. 63-20 Flexor zones of hand. Designated zones on the surface of hand are helpful since treatment of tendon inic may vary according to level of severance.



tions vary according to level of pathologic condition; therefore various zones have been designated.

## FIBROUS FLEXOR SHEATH (PULLEYS)

- Attached to the sides of the phalanges
- Starts at metatarsal head and ends at the base of the distal phalanx
- Proximal end is open, distal end is closed and is attached to the base of the distal phalanx
- Sheath and bones form a blind tunnel in which flexor tendons of finger lie
- prevent bow stringing effect during joint movement (keep tendon in place)
- 2 types:
  - o annular pulley attached to the sides of the phalanges and keep the tendon in place to prevent bow stringing,
    - the more important annular pulley (A2 and A4)