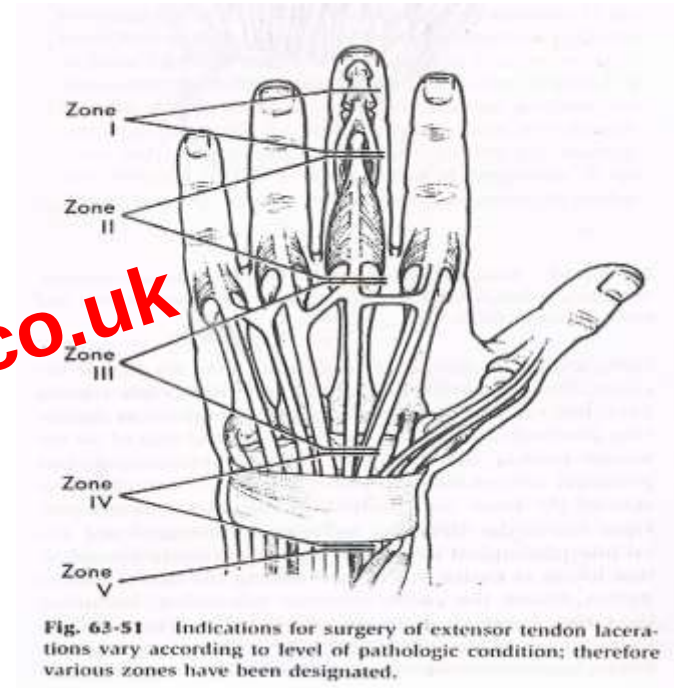
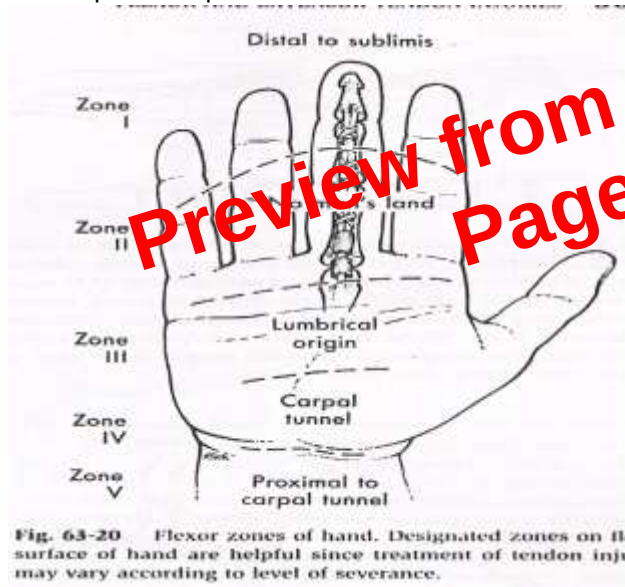


ANATOMIC ZONES (in purposes of treatment)

-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



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:
 - 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)