

ANTERIOR COMPARTMENT OF FORE ARM – FLEXOR MUSCLE

PRSU MNEMONIC

PETE



pronator teres

Pronates hand:
Reverses anatomical position

ROSE



flexor carpi radialis

Flexes carpal bones-
Abducts wrist and hand

SWINGS



flexor digitorum superficialis

Flexes all digits and hand-

UP



flexor carpi ulnaris

Flexes carpal bones-
Adductor of hand and wrist

Muscles to digits DO NOT include the names of bone in them
Muscles to carpals DO include the names of bone in them