

## SUPERNUMERARY FLEXOR CARPI ULNARIS — CASE REPORT AND REVIEW

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### ABSTRACT

Anomalies of Flexor carpi ulnaris (FCU) are uncommon and predominantly consist of abnormal insertion or extra tendinous bands. The presence of two separate bellies of FCU muscle with separate tendons has been termed as Digastric FCU. It is a very rare anomaly with only six previously reported cases and no report of clinical use of such anomalous muscle. We describe a case of anomalous FCU found incidentally in a patient operated for complex Post Volkmann's ischemic contracture deficits. On table each head of FCU was found to form separate belly and tendon. One tendon was used for the thumb opposition while the other for index finger flexion. Postoperatively, the patient had independent movement of thumb and index finger. This is the first reported case of clinical application of digastric FCU. We reviewed the literature for supernumerary FCU in general and digastric FCU in particular. We propose a new classification for supernumerary FCUs based on the clinical appearance and the probable embryological basis of the anomaly: Type 1 (Split tendons) — single muscle with two tendons; Type 2 (Digastric FCU) — for each head of FCU forming separate muscle bellies and tendons; and Type 3 (Accessory FCU) — abnormal muscle adjacent to normal FCU with combined features of FCU and Palmaris longus.

*Keywords:* Anomalous FCU; Accessory FCU; Digastric FCU.

### INTRODUCTION

As a strong wrist flexor and a donor to many tendon transfers, flexor carpi ulnaris (FCU) is a key muscle in the forearm. Its anomalies, although rare, are important in the context of ambiguous clinical presentation and reconstructive applications.

The majority of the variations reported in the literature in relation to FCU comprise of anomalous insertion or small extra-tendinous slips. The presence of extra muscle belly or

tendon in relation to FCU, which can be generally termed as supernumerary FCU, is rare. After a thorough review of literature, we came across 23 cases of supernumerary FCUs, either tendon alone or entire muscle. There has been confusion in the terminology applied to these supernumerary muscles. They have been given different titles like- Bifid FCU,<sup>1</sup> Digastric FCU,<sup>2</sup> Accessory FCU,<sup>3</sup> flexor carpi ulnaris Palmaris<sup>4</sup> and flexor carpi Ulnaris brevis,<sup>5</sup> leading to disparity in the literature related to these anomalies.