Anatomy Glove timings

 Chapter Minutes

1. Bones, Joint Axes and Bone Surface anatomy 6.18
2. Wrist Extensors 4.
3. Thumb Extensors 3.33
4. Finger and Wrist Extensors 6.19
5. Dorsal Interossei 5.06
6. Palmar Interossei 2.53
7. Wrist flexors 3.24
8. Adductor Pollicis 2
9. Digital and Wrist flexors 5.18
10. Lumbricals 4.39
11. Flexor retinaculum, thenar/hypothenar, PL 3.35
12. Extensor expansion review and injuries 3.54

Total time: 48.99

**Pen colours needed:**

Red, dark blue, purple, green, orange