

UPPER LIMB AND BACK 3

You are supposed to learn about:

1. Bones, joints, ligaments, superficial and functional anatomy of the forearm incl. elbow joint
2. Surface anatomy of the forearm and the cubital fossa
3. Superficial vessels and nerves of the cubital fossa and the forearm
4. The cubital fossa: definition, boundaries, contents, topography
5. Muscular compartments of the forearm, fascia of the forearm
6. Muscles of the anterior compartment (superficial, intermediate and deep layers): attachments, innervation, arterial supply, venous drainage, actions
7. Muscles of the posterior compartment (superficial and deep layers): attachments, innervation, arterial supply, venous drainage, actions
8. Arterial anastomoses around the elbow joint
9. Radial and ulnar arteries: course, branches, topography in the forearm
10. Superficial and deep veins of the forearm: course, tributaries topography in the forearm
11. Nerves of the forearm (median nerve, ulnar nerve, radial nerve): course, topography, branches in the forearm, area of innervation, signs of palsy

Always read the relevant clinical blue boxes to have an idea about clinical significance of structures you learn about. Attend the lectures for more clinical anatomy and supplementary anatomical data.

In the dissection room, you are supposed to recognize:

1. Bones of the forearm, elbow joint (repetition)
2. Surface anatomy of the forearm and the cubital fossa (in cadavers and your colleagues/yourself (preferably at home))
3. Muscles of the anterior compartment (pronator teres, flexor carpi radialis, palmaris longus, flexor digitorum superficialis, flexor carpi ulnaris, flexor digitorum profundus, flexor pollicis longus): investigate topography, relationships of heads and tendons, organization in layers
4. Muscles of the posterior compartment (brachioradialis, supinator, extensor carpi radialis longus, extensor carpi radialis brevis, extensor digitorum, extensor digiti minimi, , extensor carpi ulnaris, abductor pollicis longus, extensor pollicis brevis, extensor pollicis longus, extensor indicis): investigate topography, relationships of heads and tendons, organization in layers
5. Division of the brachial artery, relationships to the heads of pronator teres
6. Radial artery, ulnar artery: course, branches, topography, palpation sites
7. Deep veins of the forearm and cubital fossa: relationships to the arteries, tributaries
8. Superficial veins of the forearm and the cubital fossa: course, variations, preferred puncture sites
9. Nerves of the forearm (medial cutaneous nerve of the forearm, lateral cutaneous nerve of the forearm, posterior cutaneous nerve of the forearm, radial nerve, median nerve, ulnar nerve): course, branches, topography possible entrapment sites, possible block sites.

Always investigate the topography of structures and look at variations present in various specimens!