

Unit 24: Topographic anatomy: **Arm & anterior compartment of the forearm**

Guide for the practical class using Anatomedia online

Topography of arm and anterior forearm

1. Go to An@tomedica, **upper limb** module-regions-frames: **01 and 05** (Surface margins of upper limb, Regions of upper limb)
 - Activate 'can you identify' to demarcate the upper limb (from the neck, thorax and back) and distinguish anterior and posterior regions
2. Go to An@tomedica, **upper limb** module-regions-frames: **06 and 07** (Bony/non bony landmarks of the upper limb)
 - Click on underlined text to review bony landmarks forming borders/features of the upper limb followed by fibrous, muscular, tendinous (non bony) landmarks forming borders
 - Activate 'can you identify' to see components of bony and non bony borders of the upper limb
3. Go to An@tomedica, **upper limb** module-systems-frame: **13** (Anterior compartment of arm)
 - Click on underlined text to review muscles, vessels, nerves of the anterior arm compartment in addition to variations of structures and its clinical importance
 - Activate 'can you identify' to visualize muscles, vessels and nerves in this compartment
4. Go to An@tomedica, **upper limb** module-regions-frame: **14 and 15** (Cubital fossa: roof, floor & contents)
 - Activate 'lm' button to demarcate the borders of cubital fossa and mask areas outside it
 - Click on underlined text to review the content of the roof and floor of cubital fossa and their variations
 - Activate 'can you identify' to see boundaries and components the cubital fossa
5. Go to An@tomedica, **upper limb** module-systems-frame: **23** (Posterior compartment of arm)

- Click on underlined text to review muscles, vessels, nerves of the posterior arm compartment in addition to its clinical importance (radial nerve palsy, cubital tunnel syndrome)
- Activate 'can you identify' to visualize muscles, vessels and nerves in this compartment

6. Go to An@tomedica, **upper limb** module-systems-frame: **16** (Anterior compartment of forearm)

- Click on underlined text to review layers of muscles, vessels, nerves of the anterior forearm compartment in addition to its clinical importance
- Activate 'can you identify' to visualize bones of the forearm, the deep fascia, some muscles of the anterior compartment and neurovascular structures

Arm and forearm muscles

7. Go to An@tomedica, **upper limb** module-systems-frames: **22 and 23** (Arm flexor and extensor compartment muscles)

- Click on underlined text to identify names, positions, attachments, function and supply of individual muscles in arm flexor and extensor compartments
- Activate 'can you identify' to see positions and attachments of these muscles

8. Go to An@tomedica, **upper limb** module-systems-frames: **24 and 25** (Forearm superficial and deep flexor layers)

- Click on underlined text to identify names, positions, attachments, function and supply of individual muscles in forearm superficial and deep layers
- Activate 'can you identify' to see positions and attachments of these muscles

Nerves and blood vessels of the arm and anterior forearm

9. Go to An@tomedica, **upper limb** module-systems-frames: **43 and 44** (Musculocutaneous and Median nerves)

- Click on underlined text to review branches and distribution of musculocutaneous and median nerves, their anatomical variations and clinical manifestation of their lesions
- Activate 'can you identify' to visualize origin and branches of these two peripheral nerves

10. Go to An@tomedica, **upper limb** module-systems-frames: **45 and 47** (Ulnar and Radial nerves)

- Click on underlined text to review branches and distribution of ulnar and radial nerves, their anatomical variations and clinical manifestation of their lesions

-Activate 'can you identify' to visualize origin and branches of these two peripheral nerves

11. Go to A@tomeia, **upper limb** module-systems-frame: **48** (Axillary & brachial arteries)

-Click on underlined text to review branches of the brachial artery, their variations and anastomoses

-Activate 'can you identify' to visualize the above arterial branches

12. Go to An@tomeia, **upper limb** module-systems-frame: **50** (Veins of upper limb)

-Click on underlined text to review origins of major superficial and deep veins of the upper limb and arrangements of deep veins distal to axilla

-Activate 'can you identify' to visualize the above veins and their tributaries

Dissection

13. Go to An@tomeia, **upper limb** module-dissection-frames: **11 to 14** (Anterior arm compartment, superficial layers: LAYER-BY-LAYER DISSECTION)

-Turn on the colored buttons to highlight different dissected structures, from surface to deep

-Activate 'can you identify' to see dissected structures

14. Go to An@tomeia, **upper limb** module-dissection-frames: **15 to 18** (Cubital fossa: LAYER-BY-LAYER DISSECTION)

-Turn on the colored buttons to highlight different dissected structures, from surface to deep

-Activate 'can you identify' to see dissected structures

15. Go to An@tomeia, **upper limb** module-dissection-frames: **41 to 44** (Posterior arm compartment: LAYER-BY-LAYER DISSECTION)

-Turn on the colored buttons to highlight different dissected structures, from surface to deep

-Activate 'can you identify' to see dissected structures

Clinical procedures

16. Go to An@tomeia, **upper limb** module-dissection-frame: **62** (Venepuncture at cubital fossa)

-Click on underlined text to review why is the cubital fossa generally the best site for a venepuncture, what layers are traversed and what structures are endangered

-Activate 'can you identify' to visualize structures in superficial compartment of cubital fossa