

Unit 35: Topographic anatomy: **Lower limb: leg and foot**

Guide for the practical class using Anatomedia online

Topography of leg and foot

1. Go to An@tomedica, **lower limb** module-regions-frames: **16 and 17** (Anterior and lateral leg compartment)
 - Click on underlined text to identify the contents of the anterior and lateral leg compartment (muscles, vessels and nerves) and dangers of swelling and inappropriate immobilization procedures
 - Activate 'can you identify' visualize walls/boundaries and contents of anterior and lateral leg compartments
2. Go to An@tomedica, **lower limb** module-regions-frames: **25 to 27** (Popliteal fossa: roof & walls, floor & hiatus, arrangement within popliteal fossa)
 - Click on underlined text to review structures forming walls and floor of popliteal fossa, its neurovascular and muscular contents (including structures passing through) and the arrangement of structures in the fossa
 - Activate 'can you identify' to see walls and contents of popliteal fossa
3. Go to An@tomedica, **lower limb** module-regions-frames: **28 to 30** (Posterior leg and tarsal tunnel)
 - Click on underlined text to identify the contents of the posterior leg compartment (muscles, vessels and nerves) and tarsal tunnel, including its walls and the arrangement of tendons
 - Activate 'can you identify' to see walls and contents of the posterior leg compartment and tarsal tunnel
4. Go to An@tomedica, **lower limb** module-regions-frames: **31 to 33** (Plantar aspect of foot & toes)
 - Click on underlined text to identify the avenues to the sole and the contents of its superficial and deep layers (muscles, vessels and nerves) and arrangement of structures in the plantar aspect of toes
 - Activate 'can you identify' to see layers and contents of the sole
5. Go to An@tomedica, **lower limb** module-regions-frames: **18 to 20** (Dorsal aspect of foot & toes)
 - Click on underlined text to identify the avenues to the dorsum of the foot and its contents (muscles, vessels and nerves) and arrangement of structures in the dorsal aspect of toes

-Activate 'can you identify' to see layers and contents of the dorsum of the foot

Lower limb muscles of leg and foot

6. Go to An@tomedica, **lower limb** module-systems-frames: **27 to 29** (Leg anterior & lateral compartment muscles, Dorsum of foot muscles)

-Click on underlined text to identify names, positions, attachments, function and supply of individual muscles presented on these frames

-Activate 'can you identify' to see positions and attachments of these muscles

7. Go to An@tomedica, **lower limb** module-systems-frames: **30 and 31** (Superficial & deep calf muscles)

-Click on underlined text to identify names, positions, attachments, function and supply of individual muscles presented on these frames

-Activate 'can you identify' to see positions and attachments of these muscles

8. Go to An@tomedica, **lower limb** module-systems-frames: **32 to 35** (Intrinsic muscles of foot: layers 1-4)

-Click on underlined text to identify names, positions, attachments, function and supply of individual muscles presented on these frames

-Activate 'can you identify' to see positions and attachments of these muscles

9. Go to An@tomedica, **lower limb** module-systems-frames: **37 and 38** (Fascia & septa of leg, Retinacula & long tendons of foot)

-Click on underlined text to identify interosseous membrane and intermuscular septa and extensor/flexor/fibular retinacula and arrangements of synovial sheets deep to retinacula

-Activate 'can you identify' to see positions of septa and contents of compartments as well as position and relationships of long tendons of the foot

Nerves and blood vessels of leg and foot

10. Go to An@tomedica, **lower limb** module-systems-frames: **49 and 50** (Tibial and common fibular nerves)

-Click on underlined text to review divisions, paths and branches of tibial and common fibular nerve

-Activate 'can you identify' to visualize branches of the above nerves

11. Go to A@tomedica, **lower limb** module-systems-frames: **52 and 53** (Anterior & posterior tibial arteries, Superficial veins of lower limb)

-Click on underlined text to review branches of the tibial arteries, their variations and clinical relevance, the arrangement of superficial veins and their tributaries and terminations

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

Dissection of leg and foot

12. Go to An@tomedica, **lower limb** module-dissection-frames: **12 to 16** (Anterior leg: 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

13. Go to An@tomedica, **lower limb** module-dissection-frames: **17 to 20** (Dorsal aspect of foot and toes: 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@tomedica, **upper limb** module-dissection-frames: **32 to 37** (Popliteal 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@tomedica, **upper limb** module-dissection-frames: **38 to 45** (Posterior leg & tarsal tunnel: LAYER-BY-LAYER DISSECTION)

-Turn on the colored buttons to highlight different dissected structures

-Activate 'can you identify' to see dissected structures

16. Go to An@tomedica, **upper limb** module-dissection-frames: **46 to 52** (Plantar aspect of foot & toes: 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