Unit 26: 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@tomedia, **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@tomedia, **upper limb** module-regions-frames: **06 and 07** (Bony/non bony landmarks of the upper limb
>   -Click on <u>underlined text</u> 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@tomedia, **upper limb** module-regions-frame: **13** (Anterior compartment of arm)
>   -Click on <u>underlined text</u> 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@tomedia, **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 <u>underlined text</u> to review the content of the roof and floor of cubital fossa and their varations
>   -Activate 'can you identify' to see boundaries and components the cubital fossa

5. Go to An@tomedia, **upper limb** module-regions-frame: **23** (Posterior compartment of arm)

-Click on <u>underlined text</u> 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@tomedia, **upper limb** module-regions-frame: **16** (Anterior compartment of forearm)

-Click on <u>underlined text</u> 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@tomedia, **upper limb** module-systems-frames: **22 and 23** (Arm flexor and extensor compartment muscles)

-Click on <u>underlined text</u> 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@tomedia, **upper limb** module-systems-frames: **24 and 25** (Forearm superficial and deep flexor layers)

-Click on <u>underlined text</u> 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@tomedia, **upper limb** module-systems-frames: **43 and 44** (Musculocutaneous and Median nerves)

-Click on <u>underlined text</u> 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@tomedia, **upper limb** module-systems-frames: **45 and 47** (Ulnar and Radial nerves)

-Click on <u>underlined text</u> 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@tomedia, **upper limb** module-systems-frame: **48** (Axillary & brachial arteries)
    -Click on <u>underlined text</u> 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@tomedia, **upper limb** module-systems-frame: **50** (Veins of upper limb)
    -Click on <u>underlined text</u> 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@tomedia, **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@tomedia, **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@tomedia, **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@tomedia, **upper limb** module-dissection-frame: **62** (Venepuncture at cubital fossa)
    -Click on <u>underlined text</u> 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