

Learn the muscles (**back, upper and lower limb**)! (origin, insertion, function, innervation, groups)

Knowledge of the nerves (plexus brachialis, sacralis, partly lumbalis), **vessels and topography of the limbs** is obvious!

You should be able to identify the main structures on the specimen and to explain (description, borders, content, layers) following terms and regions:

REGIONAL ANATOMY OF THE LIMBS

UPPER LIMB

REGIO SCAPULARIS

- Borders
- Layers
- Content
- Fossa supraspinata, infraspinata
- Passage of the nerves and vessels around the lig. scapulae
- ***anastomosis of a. suprascapularis and a. circumflexa scapulae***

REGIO INFRACLAVICULARIS

- Borders
- Layers
- Content
- ***trigonum deltoideopectorale (sulcus deltoideopectoralis, fossa deltoideopectorale Mohrenheimi)***

REGIO DELTOIDEA

- Borders
- Layers
- Content

- subcutaneous: nn. supraclaviculares; n. cutaneus brachii lat. sup. Subcutaneous veins
- Fascia deltoidea
- M. deltoideus. Vasa circumflexa humeri post. N. axillaris
- Foramen humerotricipitale

REGIO AXILLARIS

- Borders
- Layers
- Content
- Foramen humerotricipitale (content - vasa circumflexa humeri post., n. axillaris, borders) x foramen omotricipitale (content – a. circumflexa scapulae, borders)

ROTATOR CUFF

REGIO BRACHII

Regio brachii ant.

- borders
- subcutaneous: n. cutaneus brachii lat. inf.; n. cutaneus brachii med. V. cephalica et v. basilica
- Fascia brachii (sulcus bicipitalis medialis et lateralis)
- M. biceps brachii; m. brachialis; m. coracobrachialis.
- Vasa brachialia.
- N. musculocutaneus; n. ulnaris; n. medianus; n. cutaneus antebrachii med.

Regio brachii post.

- borders
- subcutaneous: n. cutaneus brachii post.
- v. cephalica et v. basilica
- Fascia brachii
- M. triceps. Vasa profunda brachii. N. radialis

REGIO CUBITI ET ANTEBRACHII

Regio cubiti et antebrachii ant.

- borders
- subcutaneous: n. cutaneus antebrachii med.; n. cutaneus antebrachii lat. V. cephalica et v. basilica. Nll. cubitales superficiales
- Fascia antebrachii
- Retinaculum flexorum, canalis carpi
- Anterior group of muscles: m. pronator teres; m. flexor carpi radialis et ulnaris; m. palmaris longus; m. flexor digitorum superficialis; m. flexor digitorum profundus; m. flexor pollicis longus; m. pronator quadratus. Lateral group of muscles: m. brachioradialis; m. extensor carpi radialis longus et brevis; m. supinator.

- Vasa ulnaria; vasa radialis; vasa interossea ant. N. ulnaris; n. radialis; n. medianus (n. interosseus ant.). Nll. cubitales prof.

Regio cubiti et antebrachii post.

- borders
- subcutaneous: n. cutaneus antebrachii post. Tributaries of v. cephalica et v. basilica
- Fascia antebrachii
- Retinaculum extensorum
- M. extensor digitorum; m. extensor digiti minimi; m. extensor carpi ulnaris; m. abductor pollicis longus; m. extensor pollicis longus et brevis; m. extensor indicis.
- Vasa interossea post. N. ulnaris; n. radialis (n. interosseus post.)

REGIO MANUS

Dorsum manus

- borders
- subcutaneous: nn. digitales dorsales communes (n. radialis, n. ulnaris). Tributaries of v. cephalica et v. basilica
- Fascia dorsalis manus superficialis
- Rete digitale dorsale. Tendons of extensors
- Fascia dorsalis manus prof.
- Mm. interossei dorsales

Palma manus

- borders
- subcutaneous: nn. digitales palmares (n. medianus, n. ulnaris). Arcus palmaris superficialis
- Fascia palmaris manus superficialis (aponeurosis palmaris)
- Muscles of the thenar: m. abductor pollicis brevis; m. flexor pollicis brevis; m. opponens pollicis; m. adductor pollicis.
- Muscles of the hypothenar: m. abductor digiti minimi; m. flexor digiti minimi brevis; m. opponens digiti minimi.
- Tendons of long flexors of the fingers
- Arcus palmaris profundus. N. ulnaris (r. profundus)
- Fascia palmaris manus prof.
- Mm. interossei palmares

Foveola radialis (anatomical snuff box)

DIGITI

- Borders
- Layers
- Content

LOWER LIMB

REGIO GLUTEA

- borders
- subcutaneous: nn. clunium sup., medii et inf. Subcutaneous veins
- Fascia glutea
- M. gluteus maximus, medius et minimus; m. piriformis; m. obturatorius internus; mm. gemelli; m. quadratus femoris.
- Vasa glutea sup. et inf.; vasa pudenda interna. Nn. glutei sup. et inf.; n. ischiadicus; n. cutaneus femoris post.; n. pudendus
- **Foramen suprapiriforme et infrapiriforme**

REGIO FEMORIS

Regio femoris anterior

- Borders
- subcutaneous: nn. cutanei femoris ant.; rr. cutanei z n. obturatorius; n. saphenus. V. saphena magna (v. saphena accessoria). Nll. femorales superficiales
- Fascia lata (hiatus saphenus)
- Anterior group of muscles: m. sartorius; m. quadriceps femoris.
- Medial group of muscles: m. gracilis; m. adductor longus, magnus, brevis; m. pectineus.
- Vasa femoralia (vasa profunda femoris, vasa circumflexa femoris med. et lat.); vasa obturatoria.
- N. femoralis; n. obturatorius. Nll. femorales prof.
- **Trigonum femorale, fossa iliopectinea**
- **Canalis adductorius, hiatus adductorius**

➤ R. femoris posterior

- borders
- subcutaneous: n. cutaneus femoris post. Tributaries of v. saphena magna, v. femoropoplitea
- Fascia lata
- M. semimembranosus; m. semitendinosus; m. biceps femoris.
- Vasa profunda femoris (rr. perforantes). N. ischiadicus

REGIO GENUS POST. (FOSSA POPLITEA)

- borders
- subcutaneous: n. cutaneus femoris post. N. suralis. V. saphena parva. Nll. poplitei superficiales
- Fascia lata

- M. popliteus; m. plantaris. Vasa poplitea. N. ischiadicus; n. tibialis; n. fibularis communis. Nll. poplitei prof.

REGIO CRURIS

Regio cruris anterior

- borders
- subcutaneous: rr. cutanei cruris med. (n. saphenus); rr. cutanei surae lat. V. saphena magna
- Fascia cruris
- Anterior group of muscles: m. tibialis ant.; m. extensor hallucis longus; m. extensor digitorum longus.
- Lateral group of muscles: m. fibularis longus et brevis.
- Vasa tibialia ant. N. fibularis superficialis et profundus

Regio cruris posterior

- borders
- subcutaneous: n. cutaneus surale lat.; rr. cutanei cruris med. (n. saphenus); n. suralis. V. saphena parva
- Fascia cruris
- M. gastrocnemius; m. soleus; m. tibialis post.; m. flexor digitorum longus; m. flexor hallucis longus.
- Vasa tibialia, vasa fibularia. N. tibialis

REGIO MALLEOLARIS ET RETROMALLEOLARIS MEDIALIS ET LATERALIS

- Borders
- Layers
- Retinaculum flexorum et extensorum
- Structures

REGIO PEDIS

Dorsum pedis

- borders
- subcutaneous: n. cutaneus dorsalis medialis et intermedius (n. fibularis superficialis); n. cutaneus dorsalis lat. (n. suralis); n. fibularis prof. (for the 1. interdigital slot). Rete venosum dorsale pedis
- Fascia dorsalis pedis superficialis
- M. extensor hallucis brevis; m. extensor digitorum brevis. Tendons of long extensors.

- Vasa dorsalia pedis. N. fibularis prof.
- Fascia dorsalis pedis profunda
- Mm. interossei dorsales

Planta pedis

- borders
- subcutaneous: nn. plantares med. et lat. (rr. cutanei). Rete venosum plantare
- Fascia plantaris pedis superficialis
- Aponeurosis plantae
- Muscles of the thenar: m. abductor hallucis; m. flexor hallucis brevis; m. adductor hallucis; m. flexor digitorum brevis; m. abductor digiti minimi. Muscles of the hypothenar: m. abductor digiti minimi, m. flexor digiti minimi, m. opponens digiti minimi. Tendons of long flexors.
- Vasa plantaria medialis et lateralis. N. plantaris medialis et lateralis
- Fascia plantaris pedis profunda
- Mm. interossei plantares

DIGITI

- Borders
- Layers
- Content

