

## Recommended Review– List of structures

### UPPER EXTREMITY

#### Bone, joints & ligaments

- Sternoclavicular joints & ligaments
- 1<sup>st</sup> rib
- Clavicle
- Acromioclavicular joint & ligaments
- Coracoacromial ligament
- Trapezoid ligament
- Conoid ligament
- Scapula
  - Glenoid cavity
  - Spine
  - Borders & angles
  - Supraspinatus & infraspinatus fossas
  - Acromion
- Humerus
  - Head, neck & shaft
  - Greater tuberosity
  - Bicipital groove
  - Lesser tuberosity
  - Lateral & medial epicondyle
  - Trochlea & Capitulum
- Glenoid labrum
- Glenohumeral ligaments
- Transverse humeral ligaments
- Radius
  - Radial head & Annular ligament
  - Radial tuberosity
  - Radial styloid process
- Ulna
  - Olecranon
  - Trochlear notch
  - Ulna tuberosity
  - Ulnar styloid process
- Lateral collateral ligament of the elbow
- Medial collateral ligament of the elbow
- Carpal bones: trapezium, trapezoid, capitate, hamate, scaphoid, lunate, triquetrum, pisiform
- Triangular fibrocartilaginous complex (TFCC)
- Metacarpals
- Phalanges

#### Muscles

- Pectoralis major
- Pectoralis minor
- Latissimus dorsi
- Latissimus dorsi & pect major attachments attachment (“miss between the 2 majors”)
- Serratus anterior
- Trapezius (upper, middle, lower)
- Rhomboids major and minor
- Levator scapula
- Deltoid
- Supraspinatus
- Infraspinatus
- Teres minor
- Teres major
- Subscapularis
- Coracobrachialis
- Brachialis
- Biceps brachii (long & short head)
- Triceps brachii (3 heads)
- Supinator
- Pronator teres & quadratus
- Common flexors tendon
- Flexor carpi radialis
- Palmaris longus
- Flexor carpi ulnaris
- Flexor digitorum superficialis
- Flexor digitorum profundus
- Flexor pollicis longus
- Brachioradialis
- Common extensors tendon
- Extensor carpi radialis longus
- Extensor carpi radialis brevis
- Extensor digitorum
- Extensor carpi ulnaris
- Extensor digiti minimi
- Extensor indicis
- Anatomical snuff box : abductor pollicis longus, extensor pollicis brevis, extensor pollicis longus
- Structures passing thru carpal tunnel
- Flexor tendon attachments in fingers
- Extensor tendon attachment in fingers
- Pulley system

#### Muscles con't

## Recommended Review– List of structures

- Muscles of hand
  - Thenar muscles
  - Hypothenar muscles
  - Interossei
  - Lumbricals

### Nerves

- Brachial Plexus
- Axillary nerve
- Suprascapular nerve
- Long thoracic nerve
- Thoracodorsal nerve
- Ulnar nerve at the elbow and wrist
- Radial nerve at elbow (superficial and deep branches)
- Median nerve at the elbow and wrist

### Arteries

- Axillary artery & branches
- Brachial artery (at elbow notice TAN: tendon, artery, nerve from lateral to medial)
- Ulnar artery
- Radial artery

## ***BACK & ABDOMEN***

### Bone, joints, ligaments

- Structures of the cervical vertebra
- Structures of the thoracic vertebra
- Structures of the lumbar vertebra
- Disc (annulus fibrosus & nucleus pulposus)
- Zygapophyseal joints (Z-joints)
- Spinal canal

### Muscles

- Erector spinae
- Rectus abdominus
- External oblique
- Internal oblique
- Multifidus
- Transverse abdominus

## Recommended Review– List of structures

### LOWER EXTREMITY

#### Bone, joints & ligaments

- Pelvis
  - Body of ilium
  - Iliac crest
  - ASIS
  - AIIS
  - PSIS
  - Ischiopubic ramus
  - Ischial tuberosity
  - Pubic symphysis
  - Superior and inferior rami of pubis
  - Obturator foramen
  - Acetabulum
- Sacroiliac joints
- Femur
  - Head, neck & shaft
  - Greater trochanter
  - Lesser trochanter
  - Medial & lateral condyle
  - Medial & lateral epicondyle
  - Adductor tubercle
- Hip ligaments: iliofemoral, pubofemoral, ischiofemoral
- Ligament of head of the femur
- Medial collateral ligament of knee
- Lateral collateral ligament of the knee
- Anterior cruciate ligament
- Posterior cruciate ligament
- Medial & lateral meniscus
- Patella
- Tibia
  - Medial and lateral condyles
  - Tibial plateau (medial & lateral)
  - Tibial tuberosity
  - Medial malleolus
- Fibula
  - Head of the fibula
  - Lateral malleolus
- Superior tibiofibular joint & ligaments
- Inferior tibiofibular joint & ligaments
- Deltoid ligament at ankle
  - Anterior & posterior tibiotalar lig
  - Tibionavicular lig
  - Tibiocalcaneal lig
- Lateral ligament at ankle

- Anterior talofibular lig
- Calcaneofibular lig
- Posterior talofibular lig
- Plantar calcaneo-navicular ligament (spring)
- Plantar fascia
- Bones of the foot: talus (body, head & neck), calcaneus, navicular, cuboid, medial + intermediate + lateral cuneiforms
- Metatarsal bones
- Phalanges

#### Muscles

- Iliopsoas
- Pectineus
- Adductor longus
- Adductor brevis
- Adductor magnus
- Gracilis
- Sartorius
- Obturator externus
- Quadriceps & attachments
- Gluteus maximus
- Gluteus medius
- Gluteus minimus
- Tensor fascia lata & iliotibial band
- Piriformis
- Obturator internus
- Superior and inferior gemelli
- Quadratus femoris
- Hamstrings & attachments
- Pes anserine : sartorius, gracilis, semitendinosus
- Popliteus muscle
- Gastrocnemius
- Soleus
- Plantaris
- Tibialis posterior
- Flexor digitorum
- Flexor hallucis longus
- Tibialis anterior
- Extensor digitorum
- Extensor hallucis longus
- Fibularis tertius
- Fibularis longus
- Fibularis brevis

#### Muscles con't

## Recommended Review– List of structures

- Lateral view of ankle: fibularis longus and brevis tendon
- Medial view of the ankle: tibialis posterior, flexor digitorum longus, posterior tibial artery, tibial nerve, flexor hallucis longus
- Extensor digitorum brevis
- Muscles of the foot
  - Abductor hallucis
  - Flexor digitorum brevis
  - Abductor digiti minimi
  - Lumbricals
  - Flexor hallucis brevis
  - Adductor hallucis
  - Flexor digiti minimi brevis
  - Plantar interossei
  - Dorsal interossei

### Nerves

- Superior and inferior gluteal nerves
- Sciatic nerve in buttock
- Femoral nerve (femoral triangle: nerve, artery, vein from lateral to medial)
- Tibial nerve (posterior knee: nerve, vein, artery from lateral to medial)
- Common fibular nerve (superficial & deep branch)
- Medial plantar nerve
- Lateral plantar nerve

### Arteries

- Femoral artery (see above femoral triangle)
- Popliteal artery
- Anterior tibial artery
- Posterior tibial artery (see above medial view of ankle)
- Fibular artery
- Dorsalis pedis artery