Anatomy Study Guide

Anatomy Unit 1:

Important:

- Tension lines in skin. (MCQ) pg 13-14
- Types of joints. (and examples) pg 25-26
- Hilton’s Law. pg 28
- Muscle form types. (and examples) pg 31-33
- Definition of a dermatome and myotome. pg 51

Anatomy Unit 2:

- Clavicle (with particular reference to relations)
- Humerus (joints / structures at either end of the bone)
- Scapula (with particular reference to muscle / ligament attachments)
- Carpus (you could get an articulated hand → “name the bones”. If so, try to direct the discussion to the blood supply of the scaphoid).
- Dermatomes / axial lines. (popular MCQ and viva question)
- Distribution of cutaneous nerves (Fig 6.19)
- Myotomes.

Anatomy Unit 3:

Brachial plexus organisation:

Roots between the muscles (scalenus anterior & scalenus medius)
Trunks in the triangle (posterior triangle of the neck)
Divisions behind the clavicle (the outer border of the first rib)
Cords in the axilla (clasping the 2nd part of the axillary art)

Definitive nerves of supply forming in the lateral part of the axilla.
Anatomy Unit 4:

- Nerve injury patterns:
  - Brachial plexus.
  - Axillary nerve.
- Joints: especially shoulder and elbow
  Cubital fossa very important

Anatomy Unit 5:

Extensor retinaculum -attachments.
- six compartments beneath.
- need to correlate with bones.
- contents of each compartment.

Course of the radial / ulnar artery.
Course of the ulnar / radial / median nerve through the forearm.

- Important to have a clear understanding of the sensory and motor innervation of the medial / ulnar / radial / musculocutaneous nerves
- Nerve injury patterns:
  * Radial nerve.
  * Ulnar nerve (at elbow & wrist).

Anatomy Unit 6:

Revision Week

Anatomy Unit 7:

- Thenar muscles
- Table 6.14 important
- Innervation of the hand
- Carpal tunnel

Anatomy Unit 8:

- **Blood supply of head of femur** and clinical consequences.
- Distal femur: ligaments of knee, stability and movements of knee.
- Proximal tibia and attachments
- Ankle-stability of ankle and **blood supply of talus**.
• Cutaneous innervation: branches of lumbar plexus & femoral nerve
• Path of the great saphenous vein, surface markings

**Anatomy Unit 9:**

• Quadriceps muscles.
• Femoral triangle: boundaries / floor / roof / contents.
• Femoral nerve.
• Femoral sheath: contents / relations
  - femoral canal (including its purpose)
• Femoral artery & vein.
• Adductor canal: boundaries / contents
• Adductor muscles:
  * Form part of floor of femoral triangle.
  * Origins/insertions/nerve supply etc. for MCQs.
• Hip joint:
  * Blood supply of head and clinical relevance.
  * Relations (e.g. femoral nerve).
  * Muscles and their effects (MCQs).
• Trochanteric anastomosis: blood supply to head of femur.

**Anatomy Unit 10:**

• Hamstring muscles.
• Gluteal region:
  * Muscles/nerves/vessels.
  * Sciatic nerve of particular importance.
    ⇒ Know surface markings.
    ⇒ Makes contact with bone (MCQ fact).
• Sciatic nerve in thigh: surface markings
• Knee joint:
  * A really important joint; just learn the lot.
• Patellar stability:

**Anatomy Unit 11:**

• Popliteal fossa: very important
• Contents of extensor compartment of the leg
• Lateral (peroneal) compartment.
• Muscles of the calf.
Anatomy Unit 12:

- Layers of the sole.
- Vessels and nerves.
- Dorsum of foot.
- Arches of the foot.
- Ankle joint (particularly with reference to ligaments, movement and stability of talus)

Anatomy Unit 13:

Revision Week

Anatomy Unit 14:

- Osteology:
  - Anatomy of a typical rib.
  - First rib (popular question).
  - Don’t worry too much about the other atypical ribs.
- Thoracic joints.
- Anatomy of an intercostal space.
- Nerve and blood supply of body wall.
- Angle/plane of Louis.

Anatomy Unit 15:

- Lungs:
  - Lung roots/hila.
  - Arrangements of lobes and segments.
  - Blood supply.
- Surface anatomy is important in the thorax.
  - Trachea / bifurcation.
  - Lungs / pleura
- Lymphatics.

Anatomy Unit 16:

- Heart chambers
- Coronary arteries / veins. -dominance of coronary arteries etc. is a good MCQ.
- Conducting System
Anatomy Unit 17:

- Superior mediastinum/thoracic inlet (Fig 1.65)
- Oesophagus.
- Aorta.
- Surface markings of the heart / cardiac valves.
- Surface anatomy is important in the thorax.
  * Great arteries and veins.
  * Oesophagus.

Anatomy Unit 18:

Revision Week

Anatomy Unit 19:

- Cervical vertebrae
- Sternomastoid
- Neck triangles: boundaries/contents.
- Carotid triangle
- Branches of ECA:
  
  Some
  Anaesthetists
  Like
  Fun,
  Others
  Prefer
  S &
  M

  Superior thyroid artery
  Ascending pharyngeal artery
  Lingual artery
  Facial artery
  Occipital artery
  Posterior auricular artery
  Superficial temporal artery
  Maxillary artery

- Surface anatomy
- Root of neck: subclavian vein and its relations

Anatomy Unit 20:

- Thyroid gland.
- Larynx (This is important):
  * Cartilages.
  * Muscles (particularly cricoarytenoid).
  * Nerve supply.
  * Movements.
  * View on laryngoscopy.
• Cervical trachea
• Pharynx (basic understanding; I don’t see this as a viva question, except for the part relating to the “Laryngeal part” of the pharynx).
• Overview of lymphatic drainage of head & neck.

**Anatomy Unit 21:**

• Osteology of the skull:
  * “Name-the-bone” on a skull.
  * Naming the foramina in the base of the skull, and naming what structure passes through each (popular viva question).
  * Mandible (particularly with regard to it’s parts and relations, especially the nerves).
• Layers of scalp, nerve and blood supply
• Sensory supply of face
• Facial nerve (Important):
  * Branches (“Two Zulus Buggered My Cat”).
• Blood supply of face.
• Venous drainage of face (Important because of communication with cavernous sinus and potential for spread of infection and cavernous sinus thrombosis).

**Anatomy Unit 22:**

• Ventricular system.
• Blood supply of the cerebral hemispheres.
• Venous drainage of the hemispheres.
• Orbit:
  * Boundaries.
  * Contents.
  * Ocular muscles.
  * Nerves of the orbit.
  * Blood supply.
• Control of the pupil / pupillary reflexes (Important).
• Ocular nerve palsies.

**Anatomy Unit 23:**

• Floor of mouth.
• Tongue.
Anatomy Unit 24:
Revision Week

Anatomy Unit 25:

- Nose (Important):
  * Blood supply of nose (particularly septum).
  * Paranasal sinuses.

Anatomy Unit 26:

- Typical vertebrae: Cervical/Thoracic/Lumbar.
- Atypical vertebrae: C1/C2, atlanto-axial joint very important. Associated ligaments / movements.
- Vertebral column: Movements.
  - Blood supply / venous drainage.
- Spinal cord: White matter (ascending / descending tracts).
  - Blood supply (popular question).
  - Patterns of injury (popular question).
- Vertebral canal: Boundaries / contents.
- Spinal meninges: Arrangement.
  - Levels important e.g. for LP.

Anatomy Unit 27:

- Layers of the abdominal wall.
- Transpyloric plane (events there).
- Vessels of anterolateral abdominal wall
- Inguinal canal: Table 2.5
  * Borders.
  * Margins of deep / superficial rings
- Testis and epididymis
- Spermatic cord contents (MCQ).

Anatomy Unit 28:

- Peritoneum
- Oesophagus
- Stomach
- Relations of the duodenum
- Blood supply / venous drainage of gut.
Anatomy Unit 29:

- Large Intestine
- The rectum (and structures palpable on PR examination).
- Spleen.
- Pancreas
- Liver, gallbladder

Anatomy Unit 30:

Revision Week

Anatomy Unit 31:

- Kidneys.
- Ureters (course / course on Xrays / structures crossed).
- Tell me about the diaphragm:
  * Tell me about the openings in the diaphragm.
  * What supplies it’s nerve and blood supply ?
- The lumbar and sacral plexuses.
- Abdominal aorta and its branches.

Anatomy Unit 32:

- The bony pelvis and S-I joint.
- The bladder / Control of micturition.
- The male urethra.
- Arterial supply and venous drainage of rectum
- Inguinal lymph nodes:
  -know arrangement of nodes and their areas of drainage.
  -Know where they drain to.