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Q.1 what is cubital fossa? Write the contents of cubital fossa.

Ans

CUBITAL FOSSA

The fossa of anterior elbow, which is bounded laterally and medially by humeral origins of the flexor and extensor tendons of the forearm and superiorly by a virtual line connecting the humeral condyles.

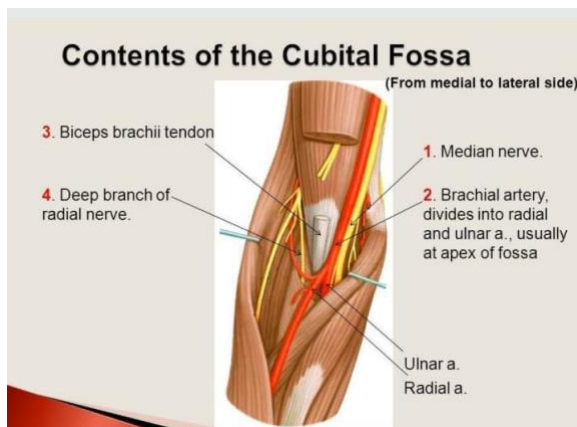
CONTENTS OF CUBITAL FOSSA

From medial to lateral side

- 1) Median nerves**
- 2) Brachial artery (Divide into radial a and ulnar a)**

Usually at apex of fossa

- 3) Biceps brachii tendons**
- 4) Deep branch of radial nerve.**



Q.2 write the name of ARM, fore arm (anterior compartment and posterior compartment) and hand muscles with actions.

NAME AND ACTION OF MUSCLES

❖ MUSCLES OF ARM:-

▪ FLEXORE COMPORIMENT

1) Biceps brachi

ACTION:-

Flexure of supinated forearm

2) Croce brachialis

ACTION:-

Flexes and the adducts of the arm

3) Brachialis

ACTION:-

Power full flexure of forearm

● EXTERIOR COMPARTMENT

1) Triceps

ACTION:-

Extend the forearm

MUSCLES OF FOREARM

❖ ANTERIOR COMPARTMENT

● SUPERFACIAL

1) Pronator:

ACTION :-

Pronation, flexion of forearm

2) Flexion carpi ulnaris

ACTION:-

Flexes and adducts the hand

3) Palmaris longus

ACTION:-

Flexion of the wrist and tightens the palmar aponeurosis

4) Flexion carpi radialis

ACTION:-

Flexion and abduction of wrist

5) Flex Digitorum superficialis (sublime's)

ACTION:-

Flexion of all joints it crosses

DEEP

1) Flexion Digitorum profundus

ACTION :-

Flexion DIP PIP, MP wrist

2) Flexion Pollicis Longus

ACTION:-

Flexion of proximal and distal phalanx of the thumb

3) Pronator Quadrates

ACTION:-

Pronation

POSTERIOR COMPARTMENT

SUPER FACIAL

1) Ancones

ACTION:-

Extension of forearm

2) Brachioradialis

ACTION:-

Ass flexion of elbow

3) Ext carpi radialis longus

ACTION:-

Extend and abducts the hand

4) Ext carpi radialis brevis

ACTION:-

Extend and abduct the wrist

5) Ext Digitorum

ACTION:-

Extension at MCP,IP joint, Extend of wrist when the finger are extended

6) Ext Digits minim

ACTION :-

Extend the 5th MC,PIP extend of wrist when little finger in extension

7) Extension Carpiulnaris

ACTION:-

Extend and abducts the hand

DEEP

1) Abductor polices longus

ACTION:-

Abducts and extends, lateral rotates the thumb carpometacarpal joint and abduct the wrist.

2) Extension polices Brevis

ACTION:- Extension of metacarpophalangeal joint of thumb

3) Extension polices longus

ACTION:-

Extend the distal phalanx of the thumb at MP joint, IP joint and it can contribute.

4) Extension indicts

ACTION:-

Extend the index figure.

5) Supinator

ACTION:-

Supination

MUSCLES OF HAND

1) THENAR MUSCLES

2) HYPOTHENAR MUSCLES

1) THENAR MUSCLES

- Abductor polices brevis

ACTION:-

Abduction at carpometacarpal, MP joint

- Flexion polices bbreviis

Action:-

Flexes the proximal phalanx of the thumb at MCP and medial rotation at carpometacarpal joint.

- Opponents polices

ACTION:-

Opposition of the thumb in condition of the flexion and medial rotation.

- Abductor polices

ACTION:-

Abducts the proximal phalanx of the thumb.

2) HYPOTHENAR MUSCLES

- Palmaris Brevis

ACTION:-

Help in the grapping by wrinkling of skin over it.

- Abductor digital minim

ACTION:-

Abducts the 5th digit.

- Flexion digits minima

ACTION:-

Flexion the proxy phalanx of the 5th digit at MCP joint.

Q.3 what is cranium? Write the number in skull and face

Cranium:

The top of skull which protects the brain. The cranium includes the frontal , parietal , occipital , temporal , sphenoid and ethmoids bones.

The skull of a vertebrate

The part of skull that encloses the brain

NUMBER OF BONES IN

❖ SKULL 08

❖ FACE 14

Skull name: 8

<i>Frontal</i>	<i>2 parietal</i>	<i>2 temporal</i>
<i>Sphenoid</i>	<i>Ethmoid</i>	<i>Occipital</i>

Face name: 14

<i>2 nasal</i>	<i>2 Lacrimal</i>	<i>2 palatine</i>
<i>inferior nasal conch 2</i>	<i>2 Zygomatic</i>	<i>2 maxilla</i>
<i>Mandible</i>	<i>Vomer</i>	