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Q1. What is cubital fossa? Write the contents of fossa.

Ans: **cubital fossa:**

The cubital fossa is like triangle in shape and is an area of transition of between the forearm and anatomical arm. It is located in the elbow joint on interior surface.

Cubital fossa have three borders:

1. Lateral border
2. Medial border
3. Superior border

**Contents of fossa:**

Cubital fossa content include biceps tendon vessels and nerves.

**Biceps tendons:**

Biceps tendons are attaching to the radial tuberosity and pass through cubital fossa.

**Branchial artery:**

Branchial artery supplies oxygenated blood to the radial and ulna arteries and pass at the apex of cubital fossa.

**Nerves:**

Median nerve supplies the majority of the flexor muscles. It passes the cubital between the two heads of the pronator teres.

Q2: Write the name of ARM, fore arm (anterior compartment and posterior compartment) and hand muscles with action.

Ans: The most frequently used body parts are the upper limbs known as Arm and consist of four parts which contain three large bones: humerus, radius, ulna and 14 phalanges. Four parts are upper arm, forearm, wrist and hand.

**Fore arm (anterior and posterior Compartment and hand muscles with action):**

**Posterior compartment:** commonly known as extensor muscles, or extensor compartment which contain 12 muscles responsible for extension of the wrist and digits. The interosseous membrane between the radius and ulna separates the anterior compartment from the posterior.

**Muscle of posterior compartment :** contain 12 muscles in two layers

1. Deep
2. Superficial

**Deep layer:**

Contain 5 muscles.

Supinator

Abductor pollicis longus

Extensor pollicis longus

Extensor pollicis brevis

Extensor indicis

**Superficial layers:** contain seven muscles.

1 Brachioradialis orange color

2 Extensor carpi radialis longus and brevis blue color

3 Extensor digitorum yellow color

4 Extensor digiti minimi green color

5 Extensor carpi ulnaris

6 Anconeus (orange color)

**Hand muscle with action:** hand muscle include.

**1 Extensor digitorum:** The muscles of forearm responsible for extending of fingers except the thumb.

**2 palmaris longus:** A muscles that connect bones on the palm.

**3 flexor retinaculum:** muscle that flex the hand. Stretch is across the back of the wrist. It connect bone to bone.

**4 Abductor Pollicis longus:** This muscle pull the wrist and thumb away from the body.

**5 Extensor pollicis brevis:** This muscles help in longus for extension and abduction of thumb.

**6 Flexor digitorum profundus:** It flexes the wrist and finger.

**7 pronator teres:** start from the top of humerus. Connect to ulna it help in turning of palm downward.

**8 Extensor retinaculum:** It help in extension of finger and other parts of hand.it close to flexor retinaculum.

Q3. what is cranium? Write the number of bone in skull and face.

Ans : **Cranium:**

Cranium is the skeletal structure of the head, and it protect and support the underlying organ, brain, eye, tongue etc,

cranium is divided into two part:

1. Facial bones

2. Skull bone (brain case)

Skull contain 28 bone

## Number of bone in skull:

8 bone in cranium which are

Frontal 1

Temporal 2

Parietal 2

Sphenoid 1

Ethmoid 1

Occipital 1

## Ear consist of 6 bones:

Inas 2

malleus 2

stapes 2

## Facial bone consist of 14 bones:

zygomatic 2

mandible 1

palatine 2

maxillary 2

lacrymal 2

vomer 1

inferior nasal conchae 2

nasal 2

# THE END