

Embryo

Histo

- cartilage.
- epithelium
- organs
- glands.

• Neuroanat



# ANATOMY BINGE REVISION

Medsynapse by Dr. Nikita



**Ectoderm**

- Epidermis, hair, nails, sweat and sebaceous glands
- Utricle, semicircular ducts, vestibular ganglion of CN VIII
- Sacculle, cochlear duct (organ of Corti), spiral ganglion of CN VIII
- Olfactory placode, CN I
- Ameloblasts (enamel of teeth)
- Adenohypophysis
- Lens of eye
- Anterior epithelium of cornea
- Acinar cells of parotid gland
- Acinar cells of mammary gland
- Epithelial lining of:
  - Lower anal canal
  - Distal part of male urethra
  - External auditory meatus

**Mesoderm - (C.T)**

- Muscle (smooth, cardiac, skeletal)
- Extraocular muscles, ciliary muscle of eye, iris stroma, ciliary body stroma
- Substantia propria of cornea, corneal endothelium, sclera, choroid
- Muscles of tongue (occipital somites)
- Pharyngeal arch muscles
- Laryngeal cartilages
- Connective tissue
- Dermis and subcutaneous layer of skin
- Bone and cartilage
- Dura mater
- Endothelium of blood and lymph vessels
- Red blood cells, white blood cells, microglia, and Kupffer cells
- Spleen → **Dorsal mesogast-**
- Kidney
- Adrenal cortex
- Testes, epididymis, ductus deferens, seminal vesicle, ejaculatory duct
- Ovary, uterus, uterine tubes, superior 1/3 of vagina

**Endoderm** → **Git · HBP · Resp. UB**

- Hepatocytes
- Principal and oxyphil cells of parathyroid
- Thyroid follicular cells thymus
- Epithelial reticular cells of thymus
- Acinar and islet cells of pancreas
- Acinar cells of submandibular and sublingual glands
- Epithelial lining of:
  - Gastrointestinal tract
  - Trachea, bronchii, lungs
  - Biliary apparatus
  - Urinary bladder, female urethra, most of male urethra
  - Inferior 2/3 of vagina
  - Auditory tube, middle ear cavity
  - Crypts of palatine tonsils

**Neuroectoderm**

All neurons within brain and spinal cord

Retina, iris epithelium, ciliary body epithelium, optic nerve (CN II), optic chiasm, optic tract, dilator and sphincter pupillae muscles

Astrocytes, oligodendrocytes, ependymocytes, tanyocytes, choroid plexus cells

→ Neurohypophysis \*

Pineal gland

**MINE =** **musc 1113 NL**

**misc goal**

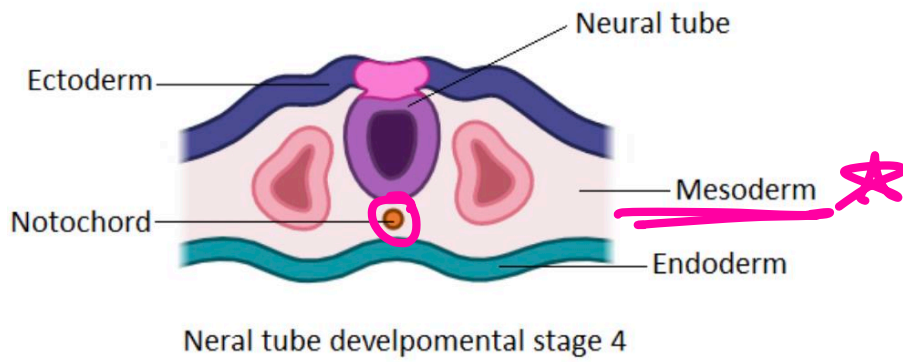
**Neural Crest**

Cranial neural crest cells: \*

- Pharyngeal arch skeletal and connective tissue components
- Bones of neurocranium \*
- Pia and arachnoid
- Parafollicular (C) cells of thyroid
- Aorticopulmonary septum \*
- Odontoblasts (dentin of teeth)
- Sensory ganglia of CN V, CN VII, CN IX, CN X (P.A)
- Ciliary (CN III), pterygopalatine (CN VII), submandibular (CN VII), and otic (CN IX) parasympathetic ganglia

Trunk neural crest cells:

- Melanocytes
- Schwann cells
- Chromaffin cells of adrenal medulla
- Dorsal root ganglia
- Sympathetic chain ganglia
- Prevertebral sympathetic ganglia
- Enteric parasympathetic ganglia of the gut (Meissner and Auerbach; CN X)
- Abdominal/pelvic cavity parasympathetic ganglia

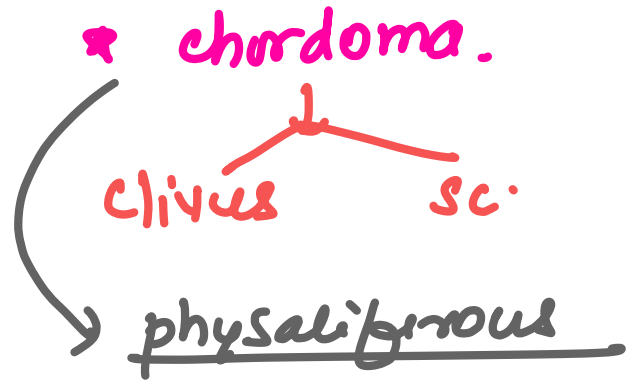




- Notochord is derived from - **mesoderm**

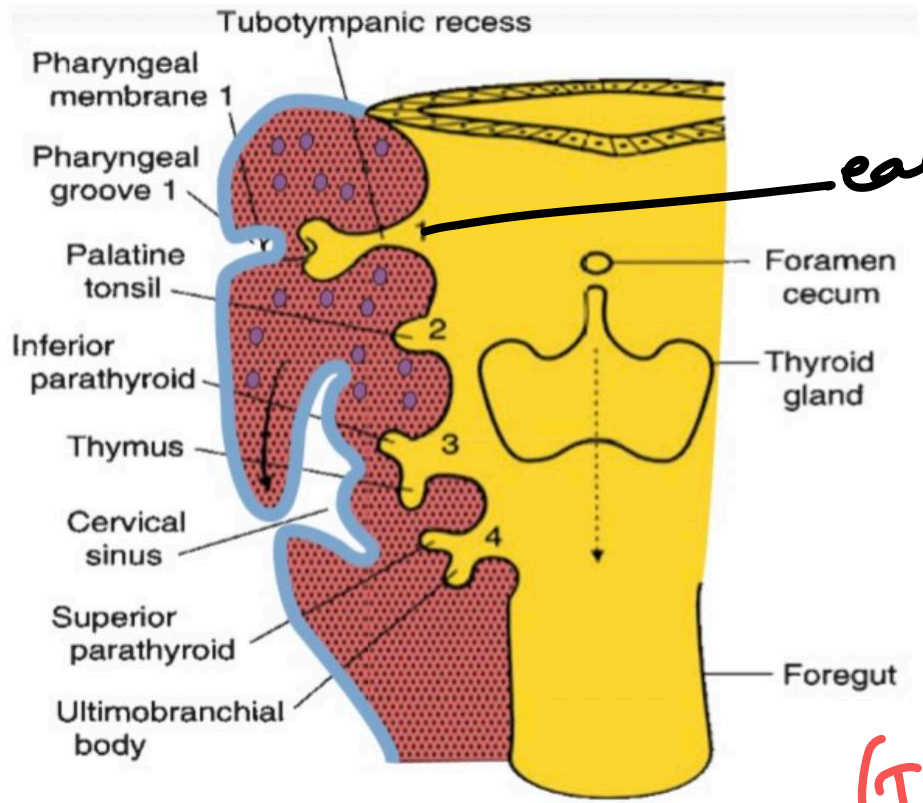
• **NOTOCHORD REMNANTS**

**(PYQ)**

- Nucleus pulposus ✓
- Apical ligament of dens ✓
- Tectorial membrane ✓



Pouch	Derivatives
First pouch → 	Pharyngotympanic tube Tympanic (middle ear) cavity
Second pouch -	② Palatine tonsil Intratonsillar cleft
Third pouch → 	Inferior parathyroid gland Thymus
Fourth pouch -	→ Superior parathyroid gland Caudal pharyngeal complex* (ultimopharyngeal body)



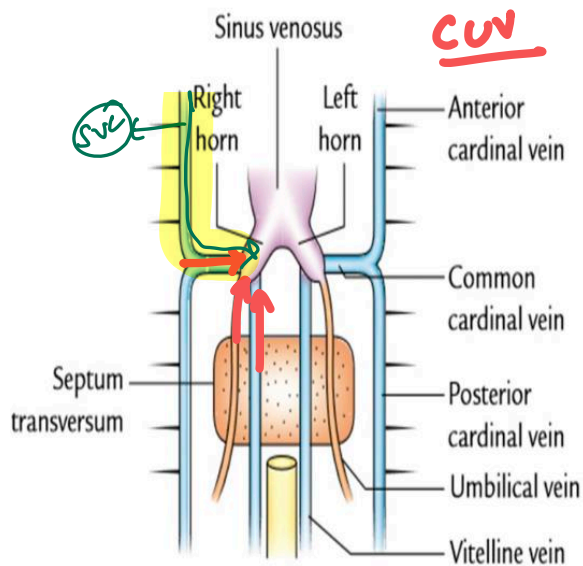
ear

1) Diluense  
Catch 22

→

3, 4 pouches. →

(T cell)  
id c  
hypocalcaemia  
(tetany)



CVV

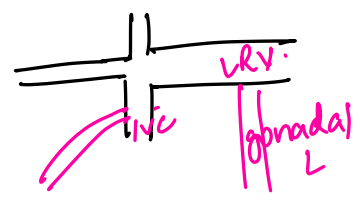
VENOUS

Embryonic	Adult
<b>Vitelline veins</b>	→ <u>LIVER</u>
Right and left	* <u>Portion of the IVC, hepatic veins and sinusoids, ductus venosus, portal vein, inferior mesenteric vein, superior mesenteric vein, splenic vein</u>
<b>Umbilical veins</b>	<u>Regresses</u>
Right	→ Degenerates early in fetal life
Left - left	→ <u>Ligamentum teres</u> → <u>falciform ligament</u>
<b>Cardinal veins</b>	
Anterior <u>XP</u>	→ <u>SVC, internal jugular veins</u>
Posterior	→ <u>Portion of IVC, common iliac veins</u>
<u>Subcardinal</u>	→ <u>Portion of IVC, renal veins, gonadal veins</u>
<u>Supracardinal</u>	→ <u>Portion of IVC (intercostal veins, hemiazygos vein, azygos vein)</u> *P.

connects LUV to oxygenated IVC

renal veins

Supracardinal



# Cartilage



- Yellow cartilage = Elastic
- Verhoeff's stain for - Elastic fibres
- Type 1 collagen - First = Fibro can (two) layers ↳ collagen type 2 \*\*\*
- Not covered by perichondrium - Firm Fibro (no peri)

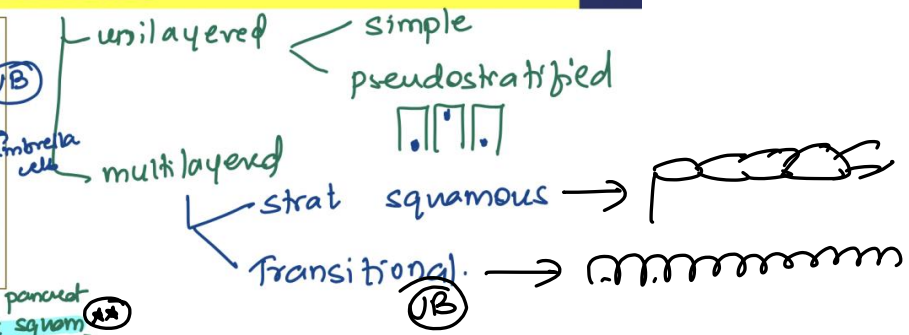
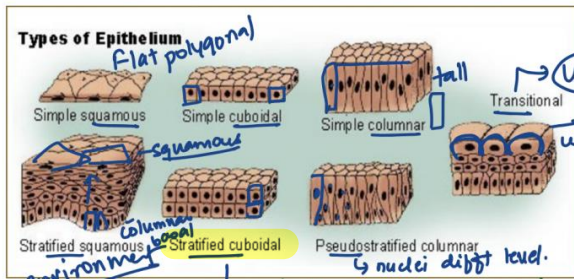
Hyaline = intake

fibrocart → firm shock abs

elastic → does not calcify

<ul style="list-style-type: none"> <li>• Cricoid <u>(CAT)</u></li> <li>• Arytenoid except <u>ends</u></li> <li>• Thyroid</li> <li>• Trachea &amp; bronchi ✓</li> <li>• Epiphyseal plate ✓</li> <li>• Costal cartilage ✓</li> <li>• Articular cartilage at the ends of bones ✓</li> </ul>	<ul style="list-style-type: none"> <li>• IVD ✓ <u>midline</u></li> <li>• Pubic symphysis ✓</li> <li>• Manubriosternal jt ✓</li> <li>• <u>Labrum-glenoid, acetabulum</u></li> <li>• <u>Articular disc - TMJ</u> ✓</li> <li>• <u>Sternoclavicular</u> ✓</li> </ul>	<ul style="list-style-type: none"> <li>• Epiglottis <u>*** epiphyseal</u> ✓</li> <li>• Eustachian tube <u>plate</u> ✓</li> <li>• Ear pinna <u>(hyaline)</u> ✓</li> <li>• External auditory meatus</li> <li>• Ends of arytenoid</li> <li>• Cuneiform</li> <li>• Corniculate</li> </ul>
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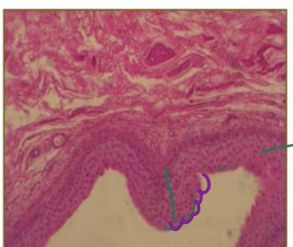
# EPITHELIUM



Epithelium type	Present in
Stratified squamous → environment	skin, cornea, EAT, vagina, anus, tongue
Keratinised stratified squamous	skin, gingiva, H. palate, vermilion lip, filiform papillae
Transitional → Reserve	UB, CAPUT → calyx to DU → transitional, prost urethra
Pseudostratified columnar ciliated psc	Resp tract till prox bronchiole, cilia
Simple squamous → exchange	alveolus, endothelium, mesothelium - Bowman space, pleuro, peritoneal



psc → pseudo strat ciliated columnar  
Trachea

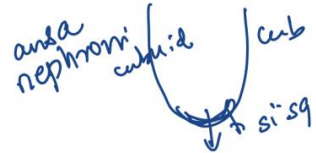


Transitional epithelium

## URINARY TRACT EPITHELIUM

Site	Epithelium
Bowman's capsule	simple squamous
PCT, Thick desc limb	simple cuboidal <i>exchange</i> <i>max reabsorp<sup>n</sup> (microvilli)</i> <i>brush border</i>
Loop of henle	simple squamous
Thick asc limb, DCT	simple cuboidal
Collecting ducts	columnar w/out microvilli
Calyx to prostatic urethra	transitional epith
Middle urethra	strat squamous
Terminal urethra	strat squamous

*Handwritten notes:*  
 - CAPUT, UB, meter  
 - AIMS P Y Q  
 - Membranous, Spongy  
 - environment  
 - PSC, PSC, PSC



## RESPIRATORY TRACT EPITHELIUM

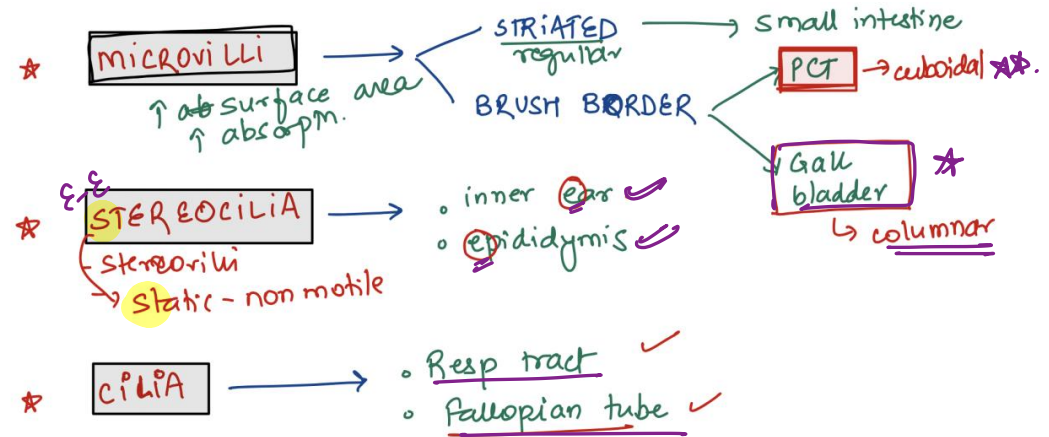
Site	Epithelium
Nasal mucosa to proximal bronchiole	pseudostratified ciliated columnar
Terminal bronchiole	cuboidal ciliated
Respiratory bronchiole	cuboidal nonciliated
Alveolus	simple squamous

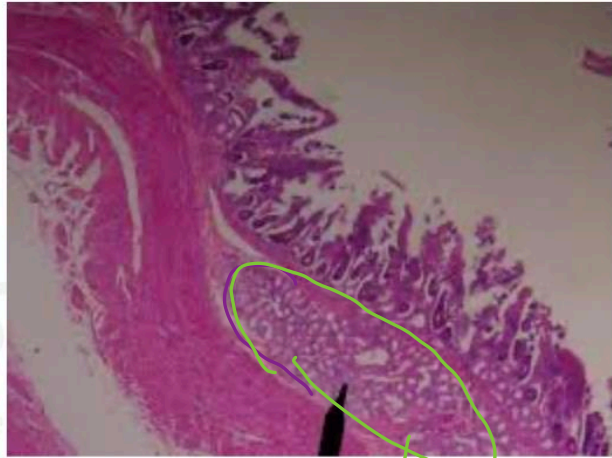
*Handwritten notes:*  
 - cilia + Till Terminal  
 - PSC  
 - (exchange)

## GIT EPITHELIUM

Site	Epithelium
Gingiva	keratinised stratified squamous epithelium
Hard palate	
vermillion lip	
Filiform papillae	
Tongue	strat squam. NK
Esophagus	
Anus	strat squamous
Intestine	columnar c microvilli → striated

*Handwritten notes:*  
 - environment  
 - glands  
 - NK  
 - MM abso<sup>rs</sup>p<sup>n</sup>

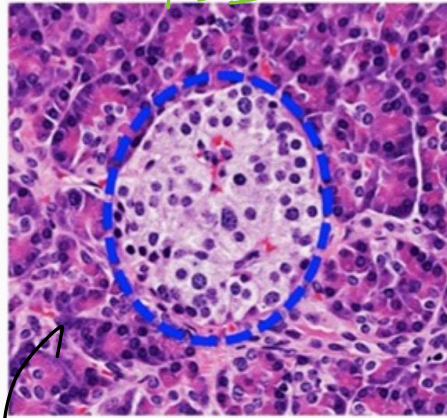




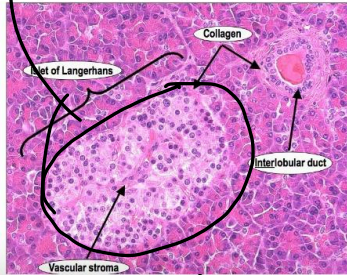
Brunner's  
glands  
submucosa  
duodenum

\* Peyer's → ileum

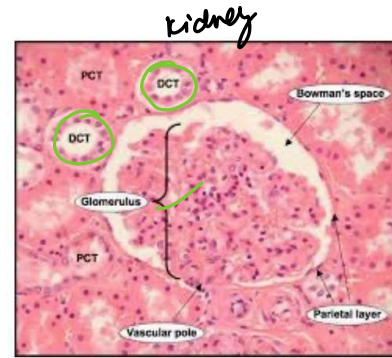
pancreas



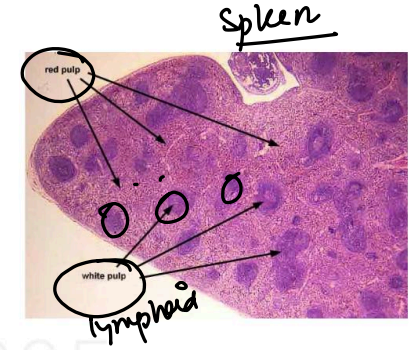
Pancreatic islet of Langerhans



panc

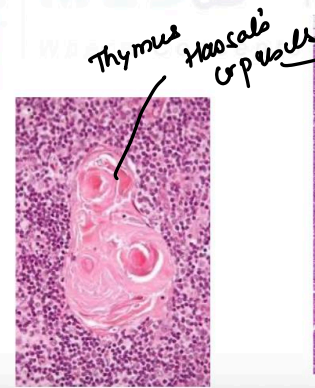


kidney

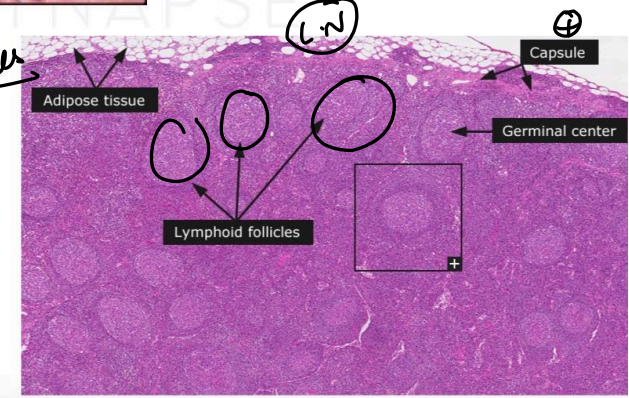


Spleen

lymphoid



Thymus  
Hassall's  
corpuscles



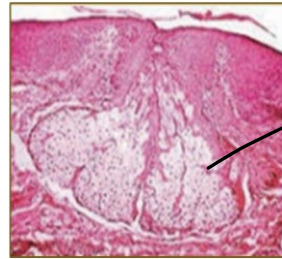
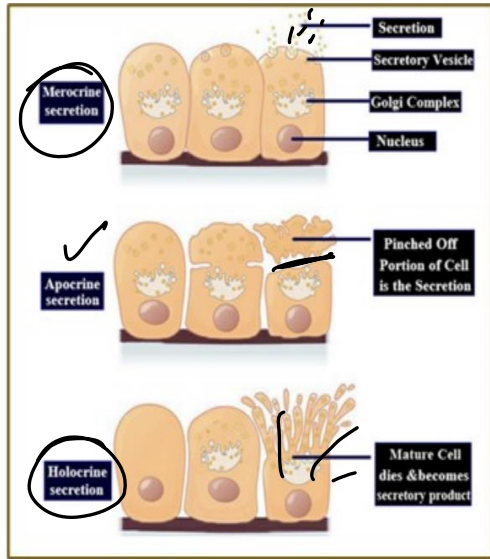
LN

Capsule

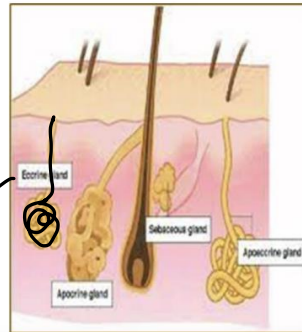
Germinal center

Lymphoid follicles

Adipose tissue



sebaceous holocrine

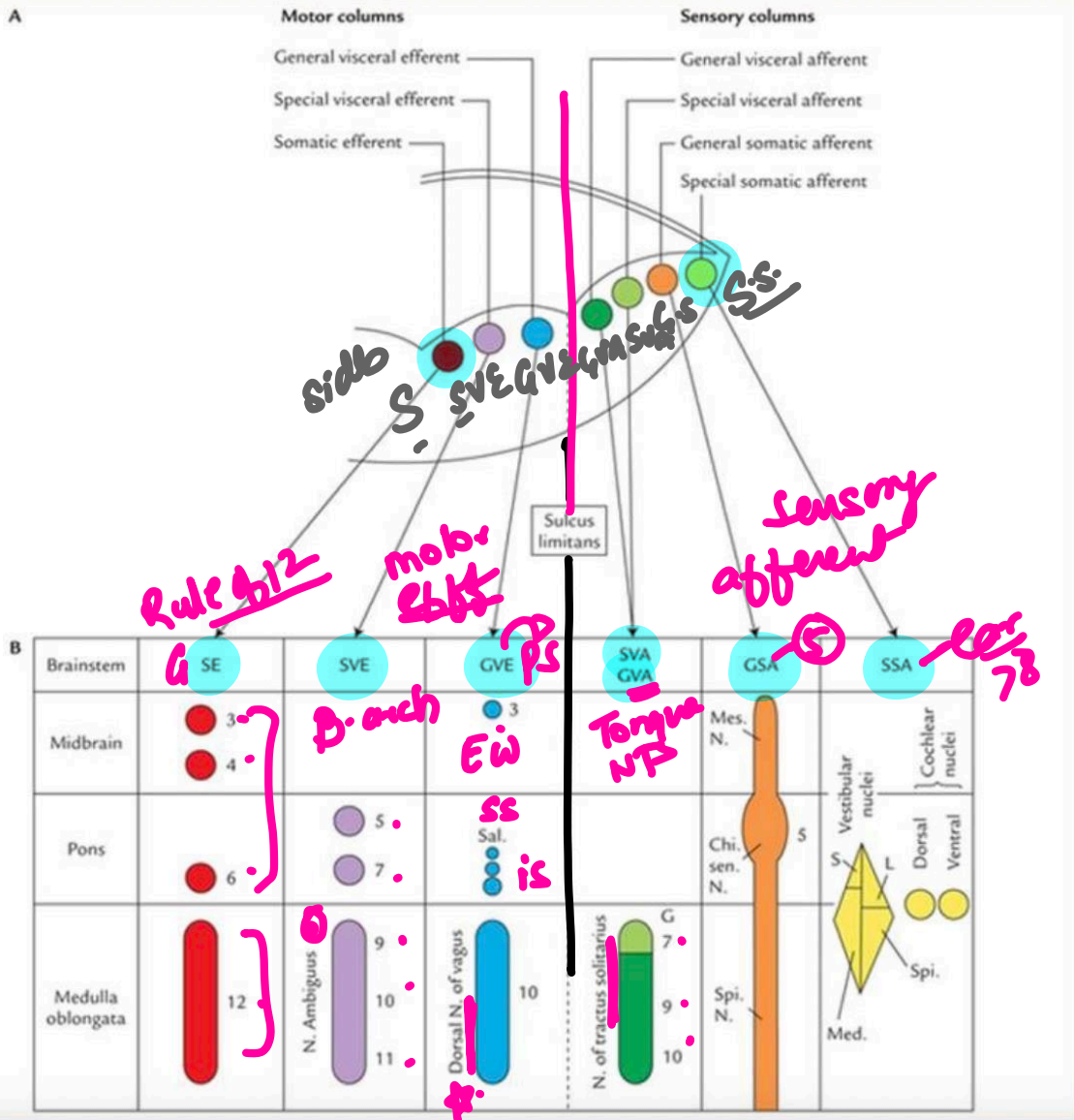


**Merocrine** → "MERE" secretions → Eccrine sweat → palms soles no hair

**Apocrine** (top) → "above" part Mammary axilla. ceruminous

**Holocrine** → "whole" ↓ "sub" sebaceous Meibomian.

151



M - m  
 motor medial

S - s  
 sensory sides (lat)  
 somatic sides.

SE  
 Somati  
 GSE SVE GVE GVA GSA SSA  
 Somati

S.L

GSE  
34612

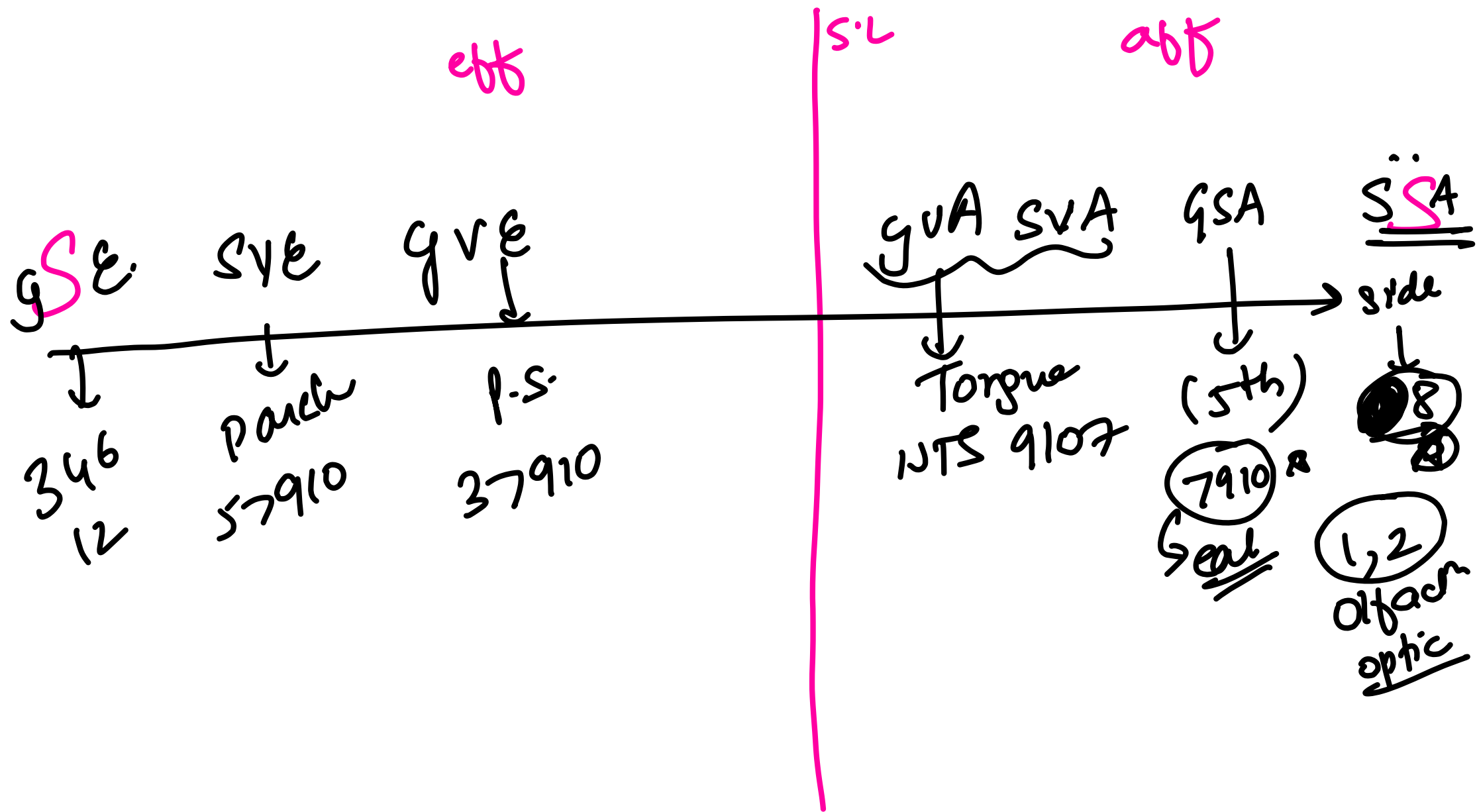
SVE  
57910

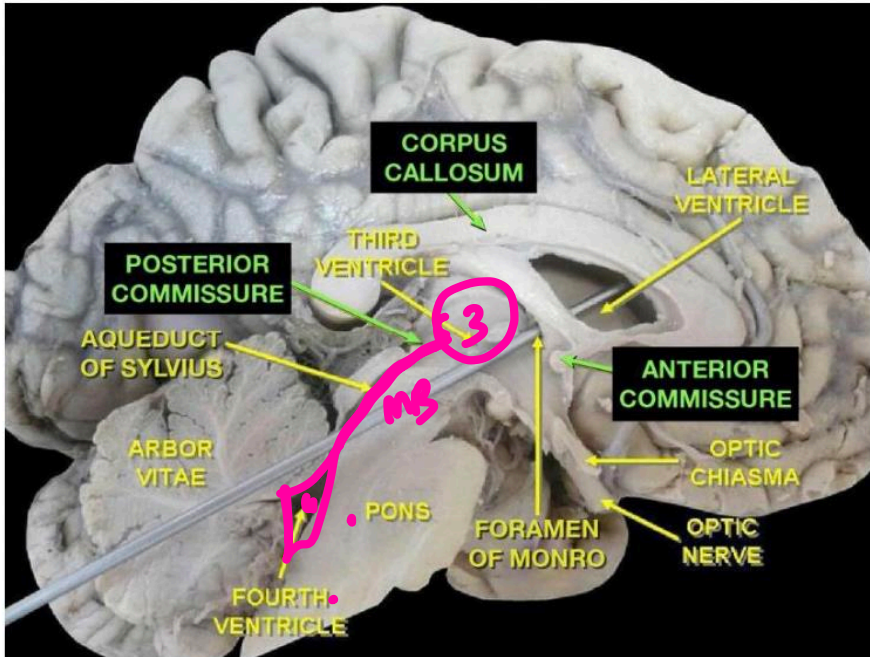
GVE  
37910

QUA SVA  
7910  
NTS

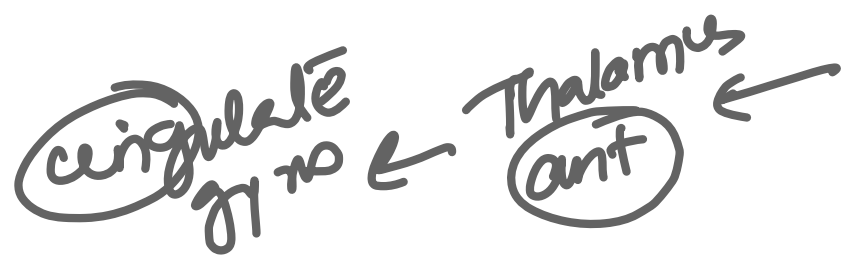
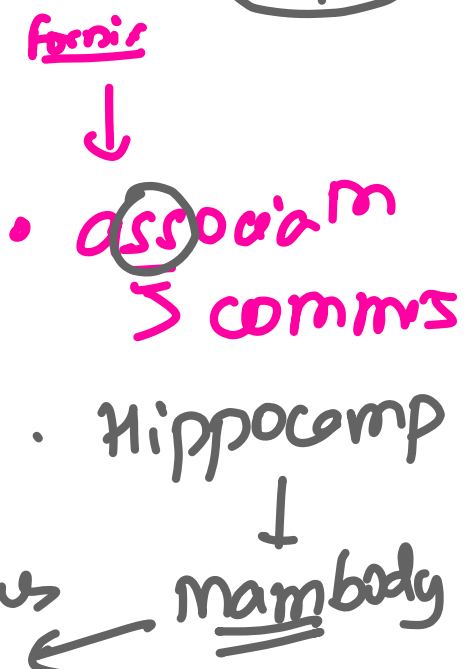
GSA  
5

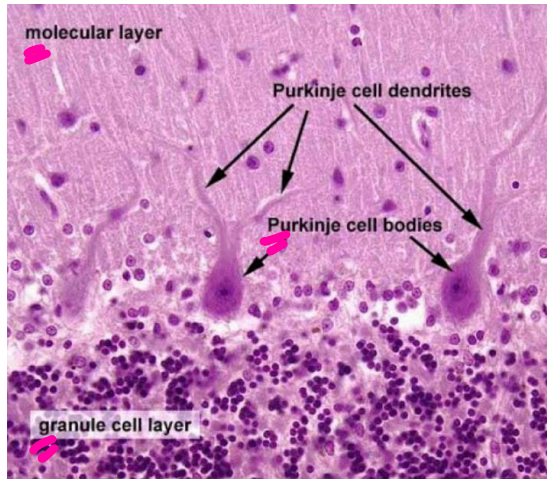
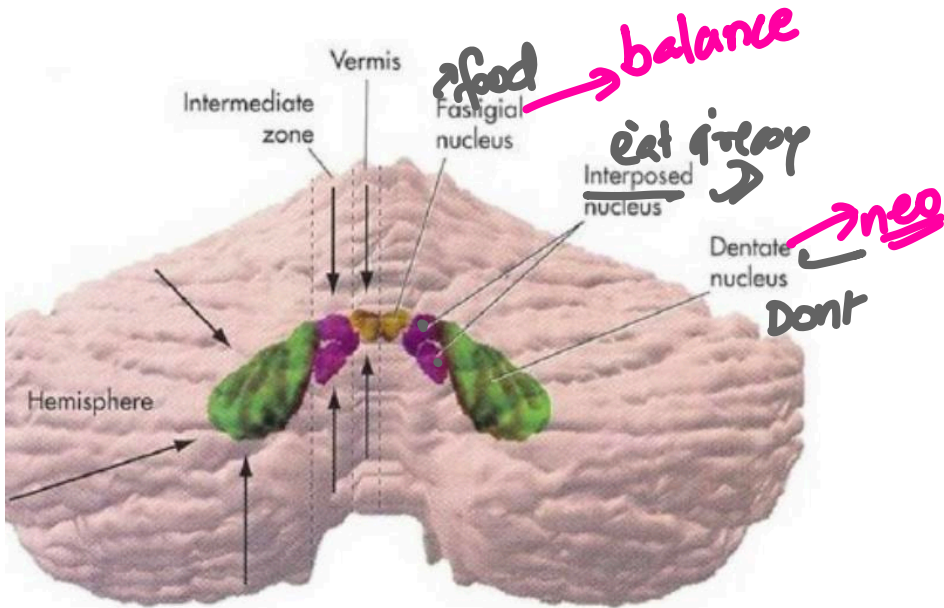
SSA  
78





Papez

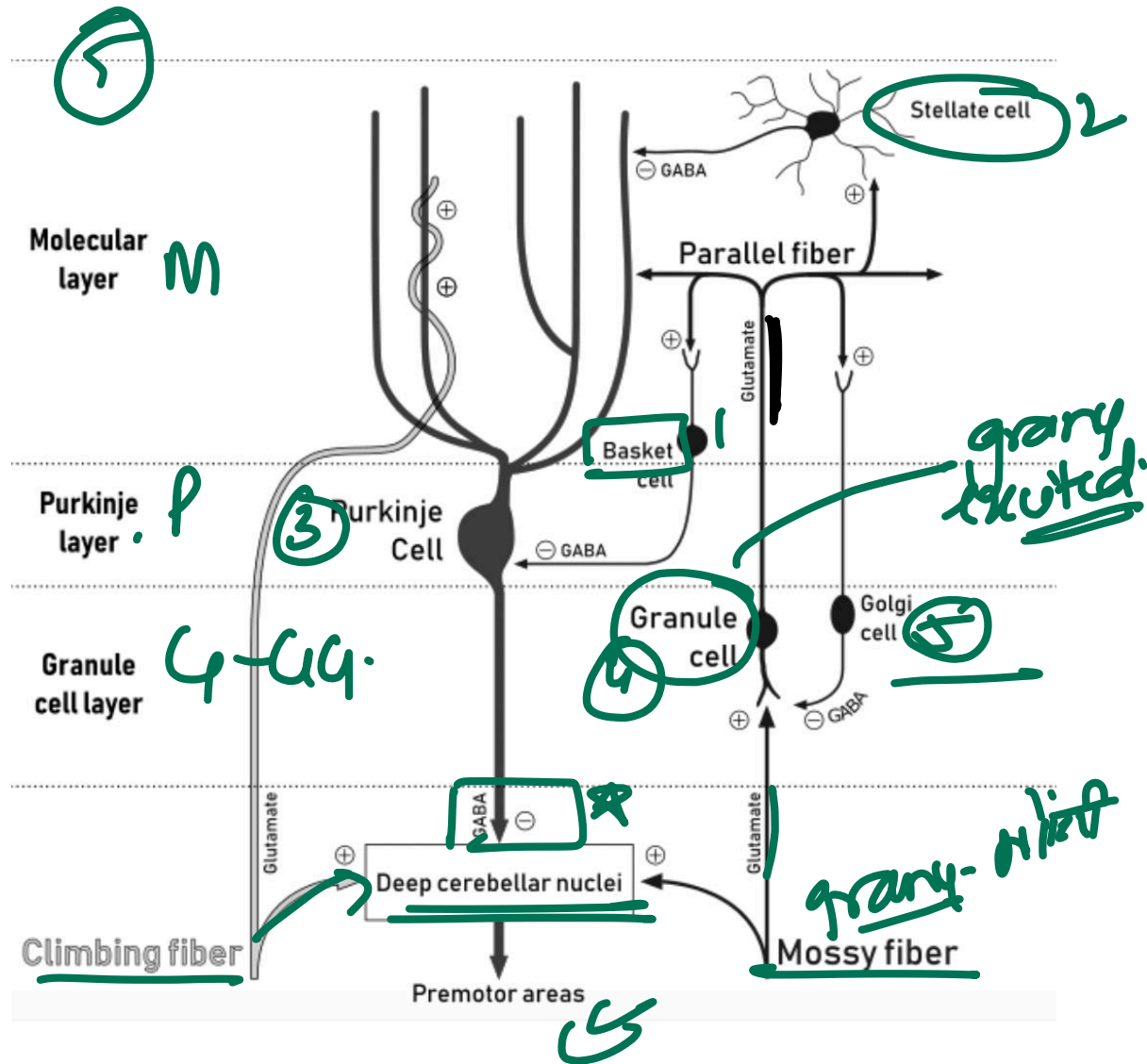


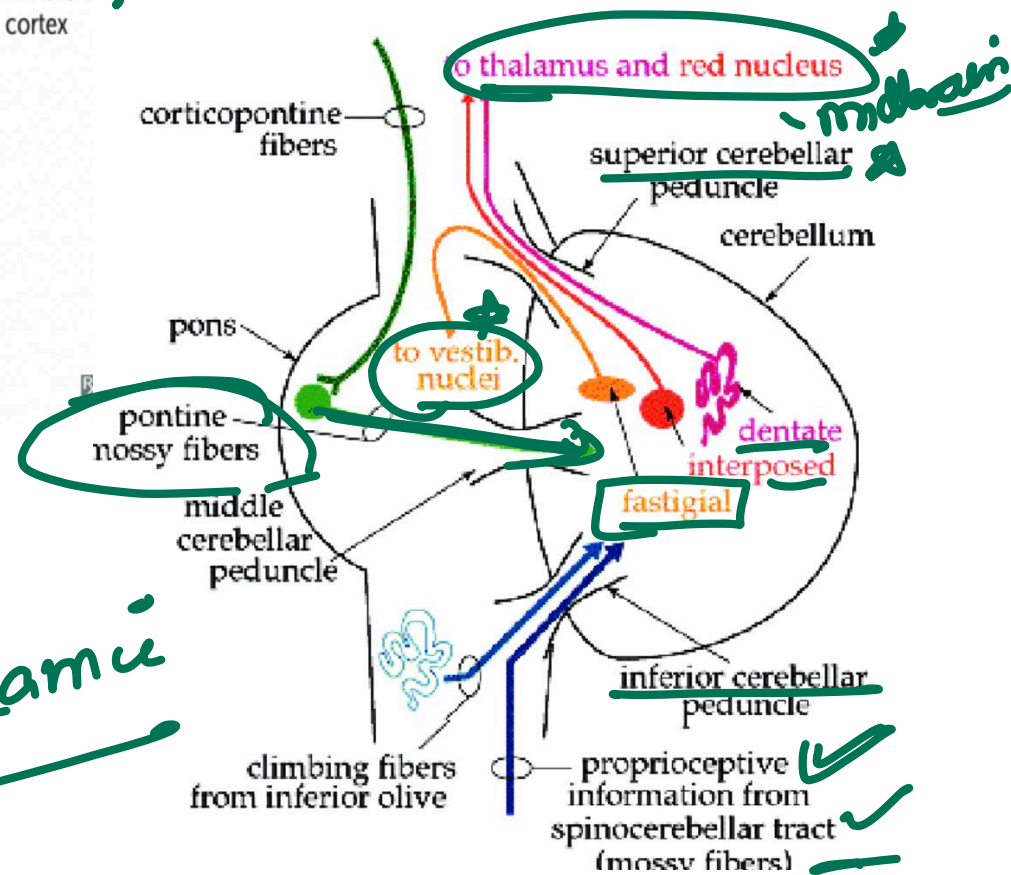
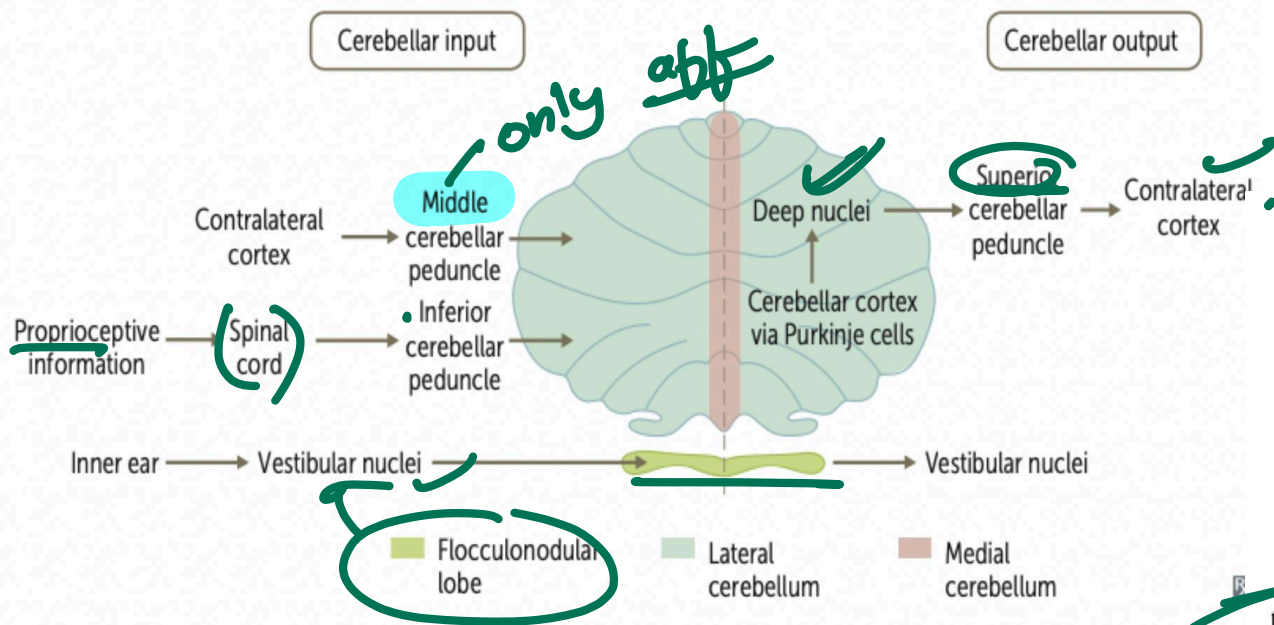


M

Pute inh. deep.

G



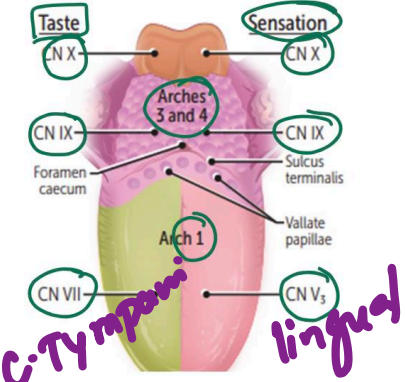


inf - s.c  
 sup - goes to cortex  
 dentate / thalamus  
 rubrothalamic

Peduncle	Afferent fibers	Efferent fibers
Superior cerebellar peduncle	Anterior spinocerebellar tract	<ul style="list-style-type: none"> <li>Globose - emboliform - rubral pathway</li> <li>Dentatothalamic pathway</li> </ul>
Middle cerebellar peduncle - Largest, most, lateral and only afferent	Corticopontocerebellar pathway	
Inferior cerebellar peduncle	<ul style="list-style-type: none"> <li>Posterior spinocerebellar tract</li> <li>Cuneocerebellar tract</li> <li>Olivocerebellar tract</li> <li>Reticulocerebellar tract</li> <li>Trigemocerebellar tract</li> <li>Vestibulocerebellar tract</li> </ul>	<ul style="list-style-type: none"> <li>Fastigial vestibular pathway</li> <li>Fastigial reticular pathway</li> </ul>

# TONGUE

Taste **NTS** 9 10 7 **X5**



Part of tongue	Develops from arch	Nerve carrying general sensation	Nerve carrying taste sensation
Ant 2/3 rd	1	5 (lingual)	F (chorda tympani) 9 10
Post 1/3 rd	3	→ 9	
Posteriormost	4	→ 10	

SVA NTS → 9 10 7

## Important points about tongue

- Tongue develops from arch - 1, 3, 4 **X2**
- 12 CN is pure motor - develops from Basal/ventral plate medulla Rule of 12 → 3 4 6 12 (GSE) medial medullary medial
- Tongue deviates to Rt side / same side Dejerine. Tongue licks the wound

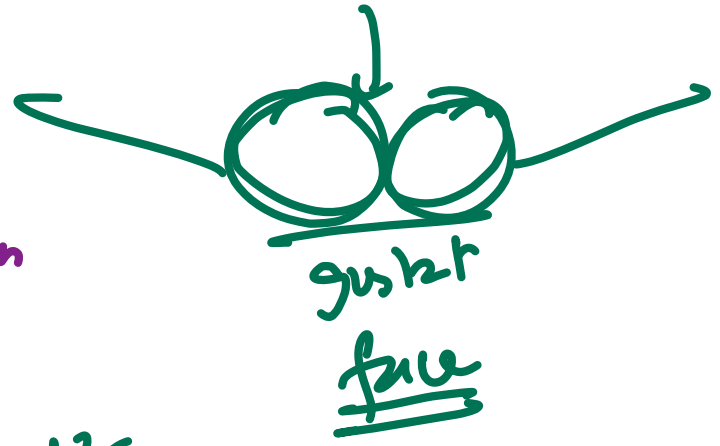
DASi  
Dorsal akir sensory  
BY Basal ventral  
↳ motor 12th

1 3 4  
**X2**  
 5 → post  
 7 - pre  
 9 }  
 10 }  
 10 }  
 10 }

6 6 6  
 3 4 6 12

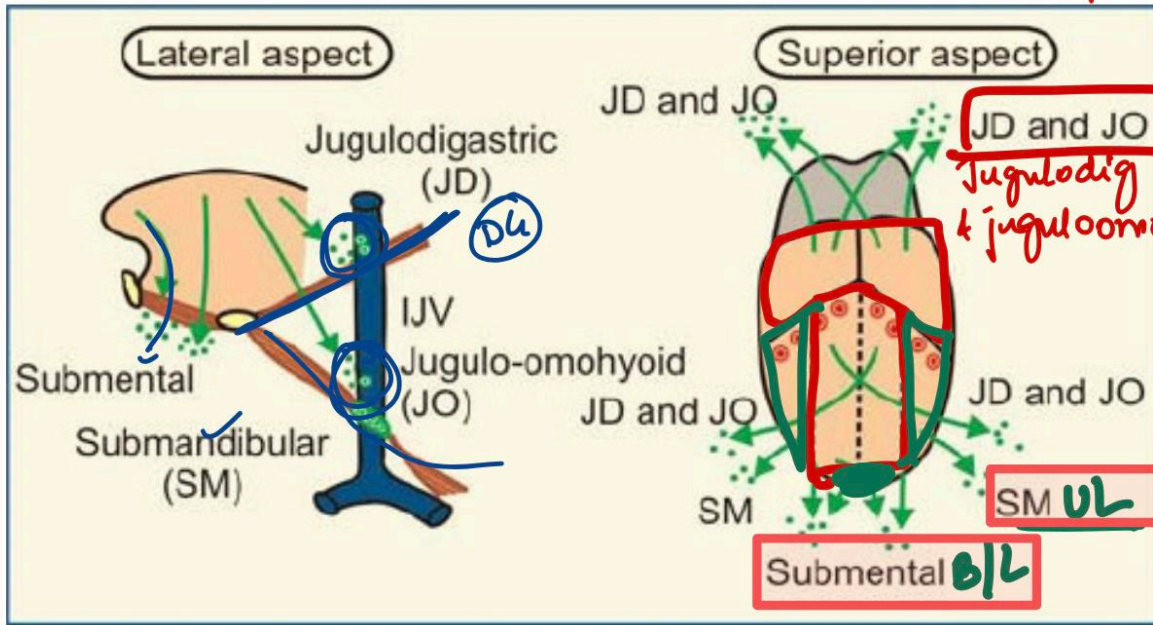
Thalamus

VPM

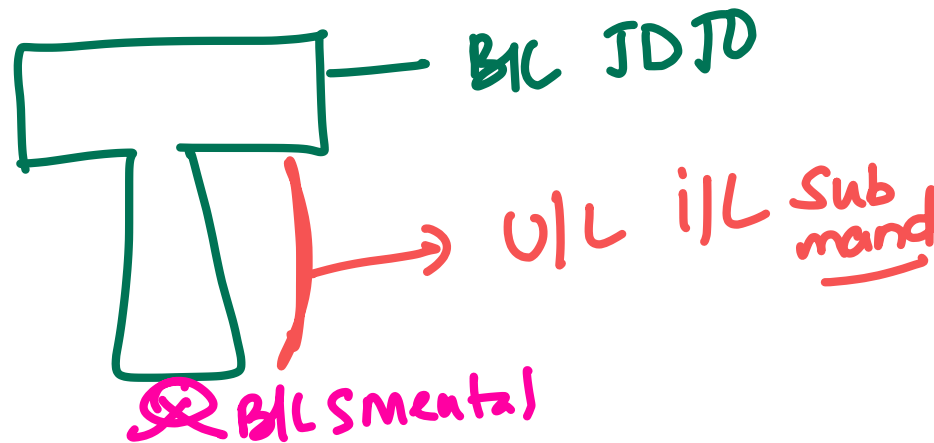


palatoglossus  
 6th

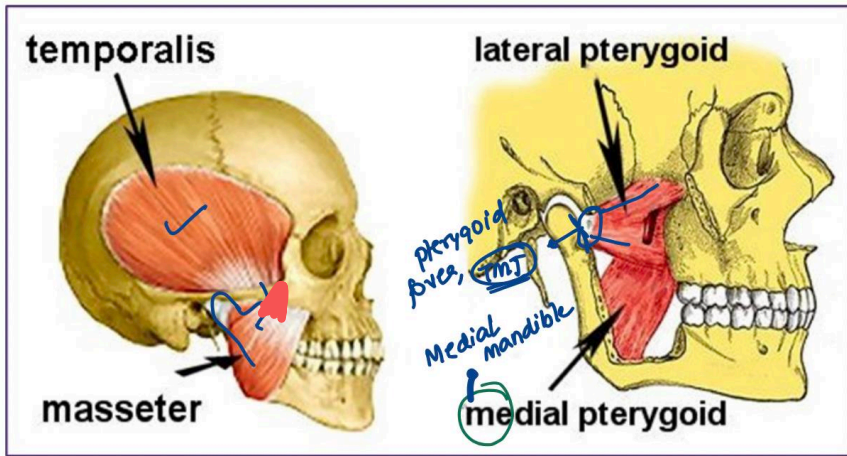
Somite GSE 12



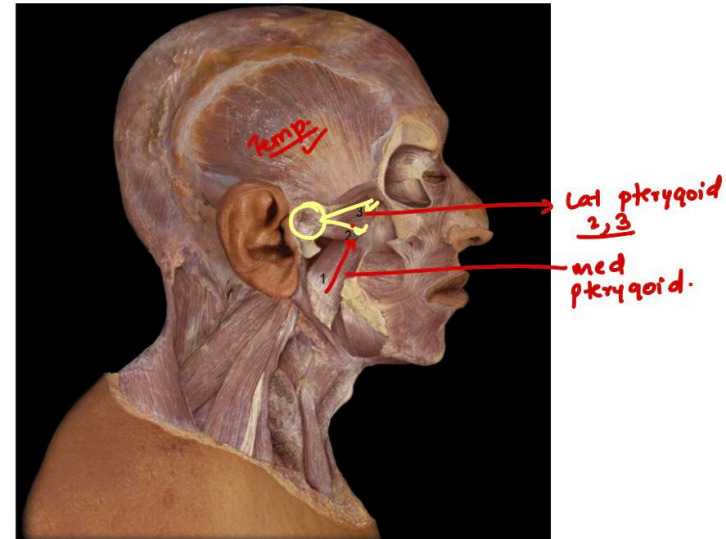
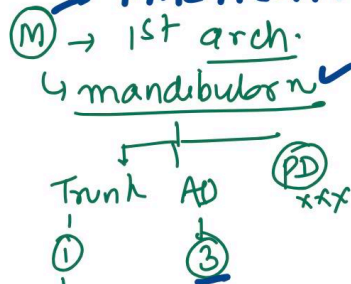
- Tip → **B/L Submental**
- Ant 2/3<sup>rd</sup>
  - Lateral border - <sup>U/L</sup> Submandib
  - Central part - } **B/L JD & JO**
- Post 1/3<sup>rd</sup> -



# MUSCLES OF MASTICATION



\* BUCCINATOR xxx  
 ↓  
 facial n  
**MASTICATION.**



- All elevate mandible except (Jaw depressions / opening mouth is done by) -
- All cause protrusion except
- TMJ articular disc insertion
- Coronoid process insertion

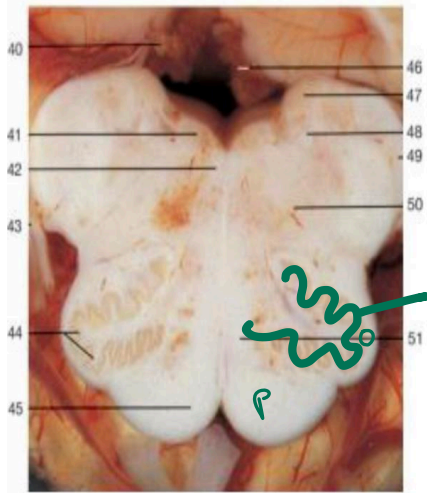
Temporalis  
 → LP (retract)

↳ Temporalis

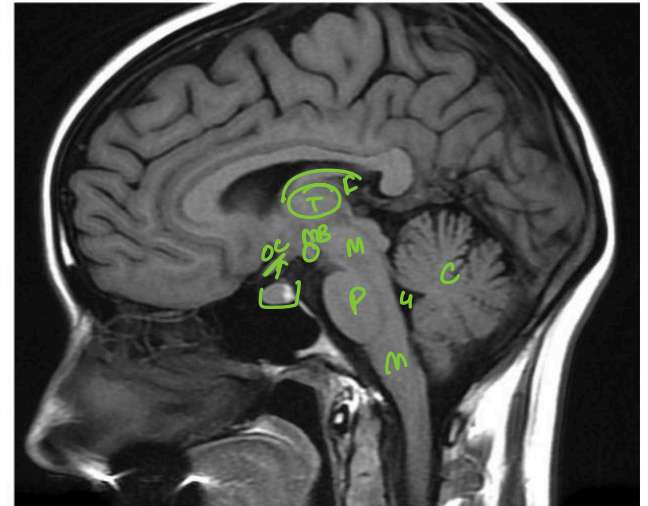
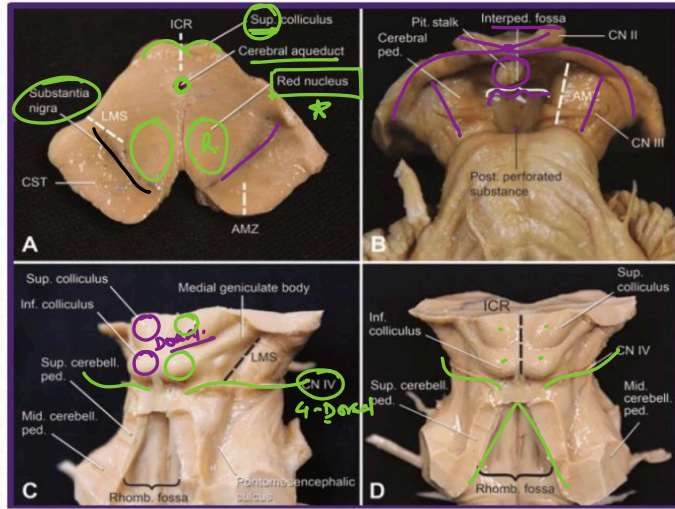
→ L-L  
 LP lower jaw  
 MEDIAL P.

mandibular n  
 (1st arch)

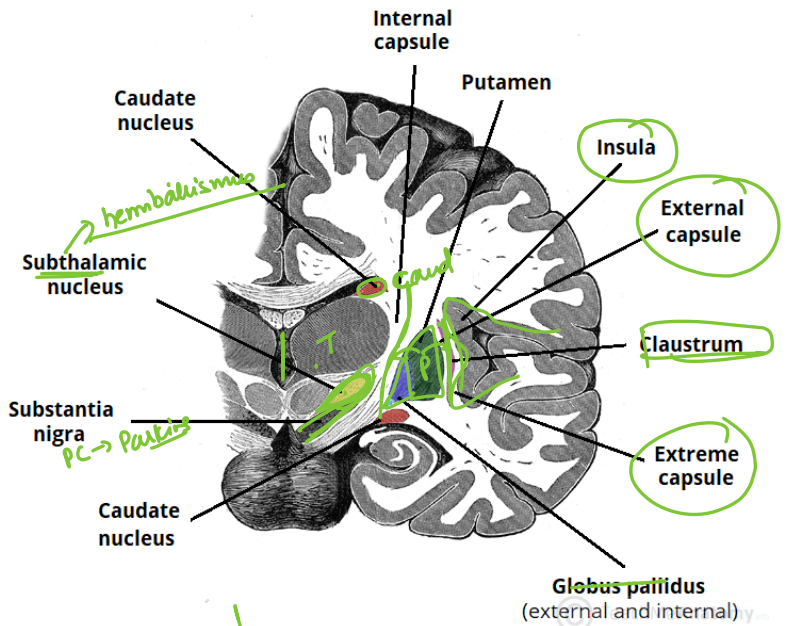
Trunk  
 Me → medial ptery  
 ant diis  
 Rest 3.



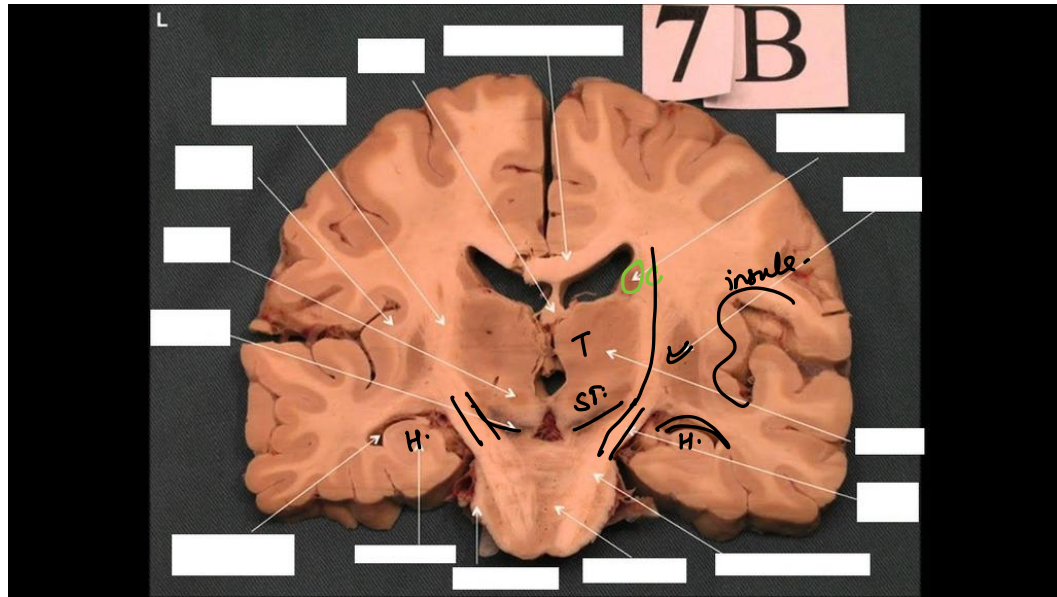
olive medulla

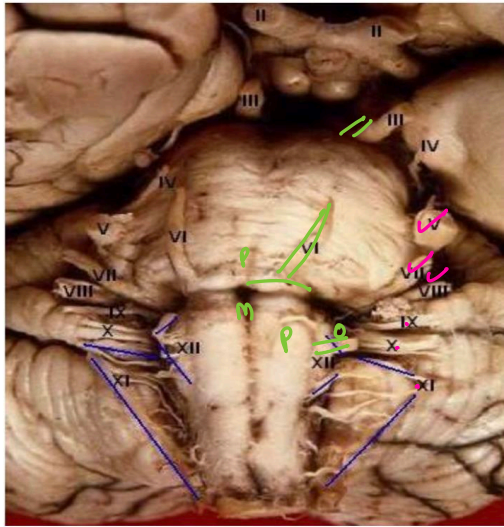


Olivom. 65%



*Subthal  
motor  
ini p48.*





3 4 6 12  
 medial  
 motor  
 GSE

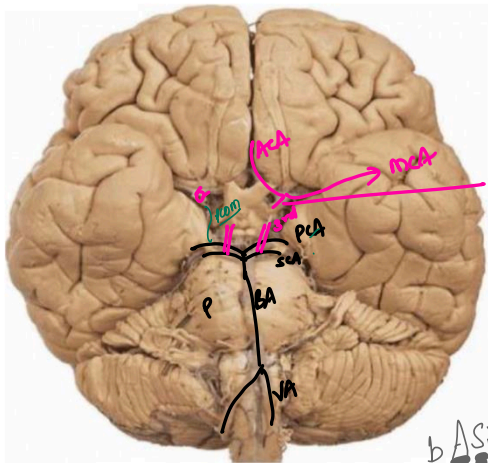
3-4 MB  
 5-8 P  
 9-12 medulla

12 anti lat sulcus

Wallenberg - lat med.  
 VAS PICA

9, 10, 11  
 SPT  
 SET  
 Symp - Horner's

**ICA** → • AC → PLIC  
 • ophthalmic a.



Pcom aneurysm  
 3rd crn  
 poly

bASILar  
 AICA, SCA

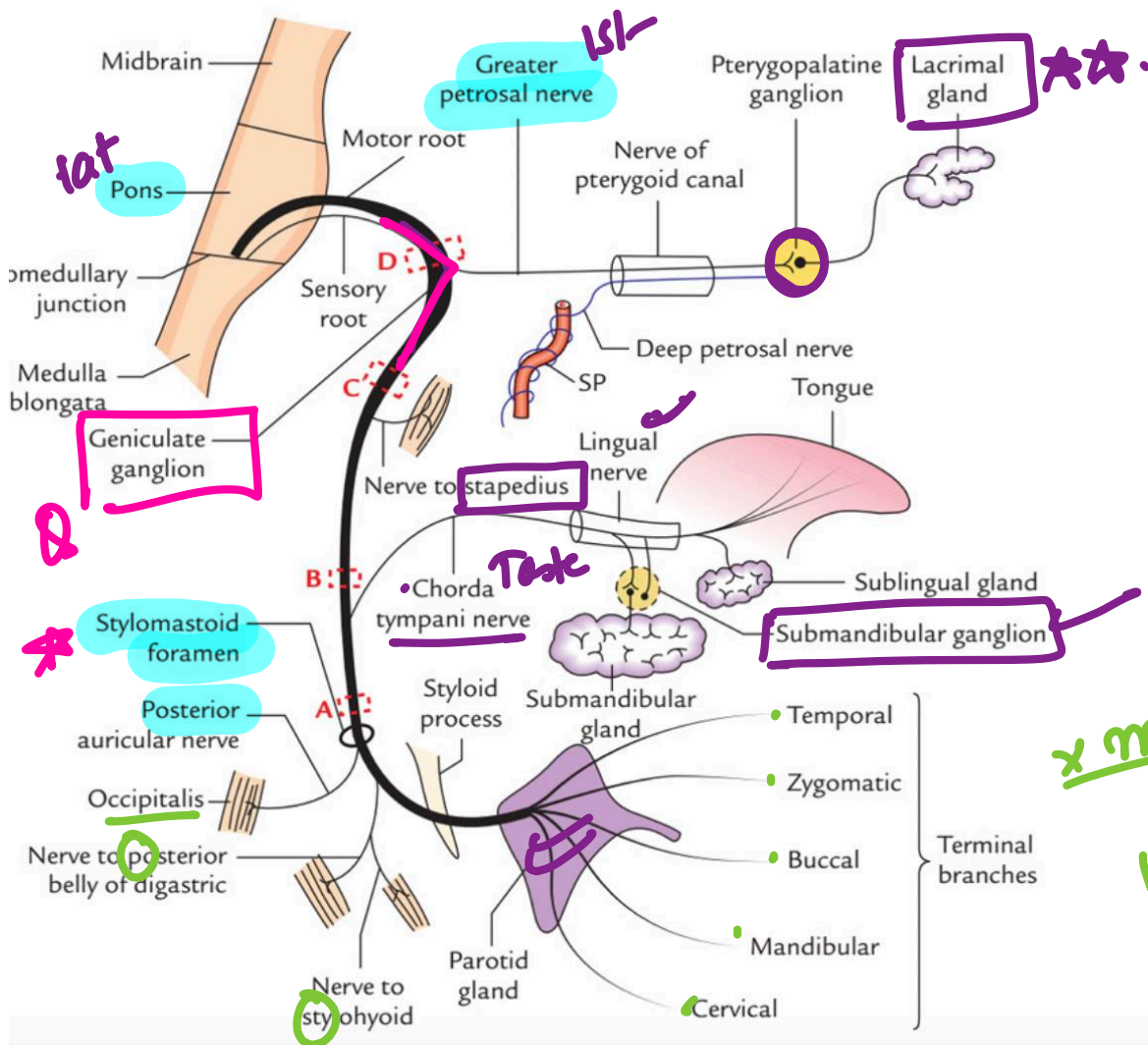
AICA  
 PICA  
 VA

## Parasympathetic Ganglia of The Head & Neck

Nucleus	Pre-ganglionic	Ganglion	Post-ganglionic	Target organs
3-6 Edinger-Westphal nucleus (Oculomotor nerve)	Travels with the motor root of the oculomotor nerve	Ciliary ganglion (3) C	Travels via the <u>short ciliary nerves</u>	Sphincter pupillae Ciliary muscles
SSS Superior salivatory nucleus (Facial nerve) 7th-5	Within the greater petrosal nerve & vidian nerve of pterygoid canal	(Pterygopalatine ganglion)	Joins the maxillary nerve	Lacrimal gland Nasopharynx Palate Nasal cavity
	Within the chorda tympani of the facial nerve	Submandibular ganglion	travel directly to target organs	Sublingual & submandibular glands
Nine Inferior salivatory nucleus (Glossopharyngeal nerve)	Within the lesser petrosal nerve	parotid Otic ganglion	Join the auriculotemporal nerve	P-9 Parotid gland
Dorsal vagal motor nucleus (vagus nerve)	Within vagus nerve	Located within multiple target organs	N/A	Smooth muscle of the trachea, bronchi & GIT

3 7 9 10  
4VE column  
constrictor column

9 - P  
inf - parotid  
oti  
LAP

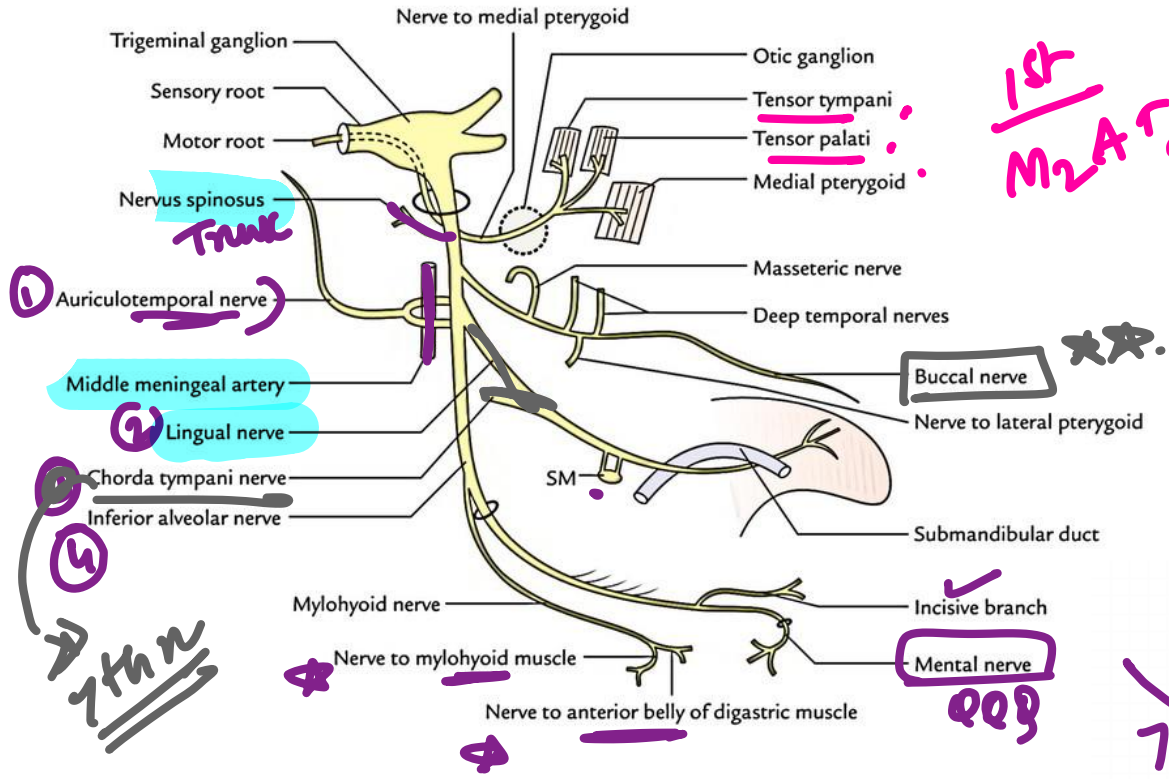


7 → 2nd  
 ← S

facial  
 ↓  
ACCA → lateral pontine

Frey  
auriculotemp

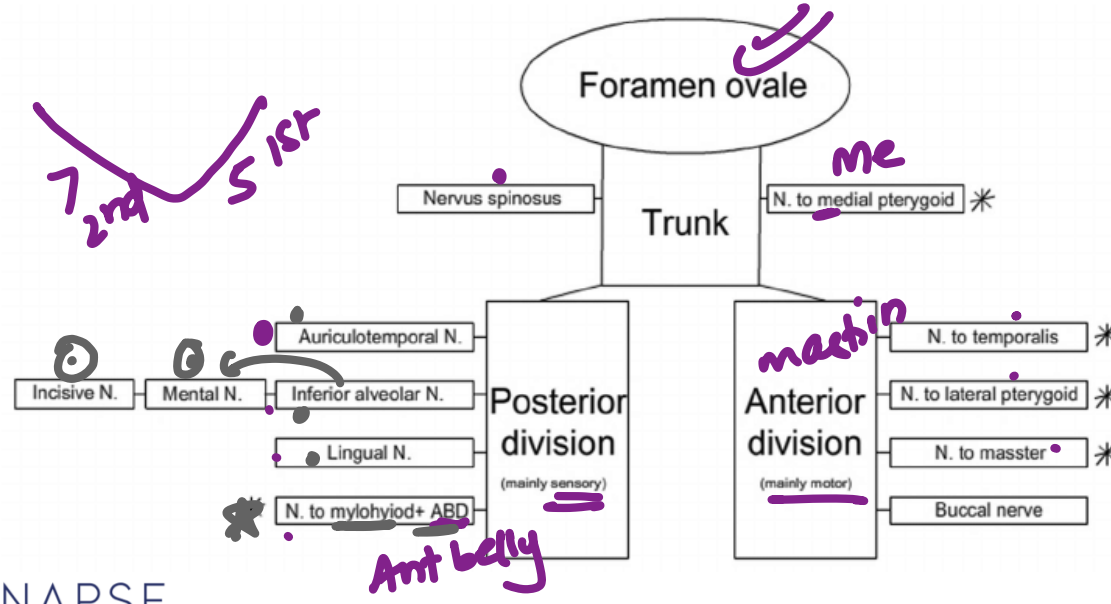
x mental  
 br ↓ to 5th CN

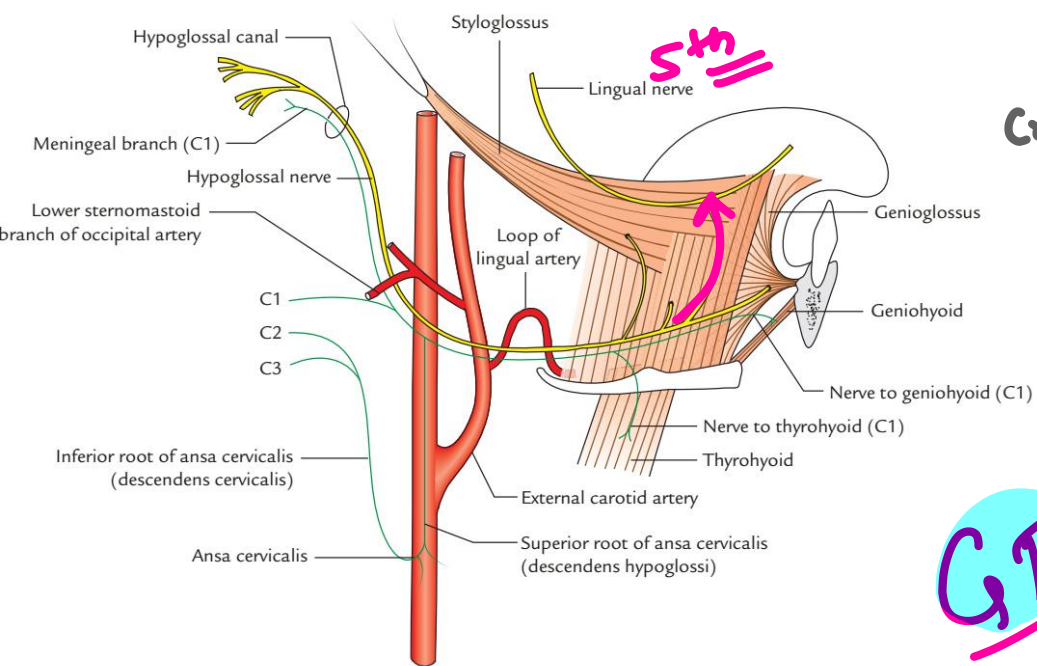


1st  
M2A2

mandibular n  
↓  
male → ovale

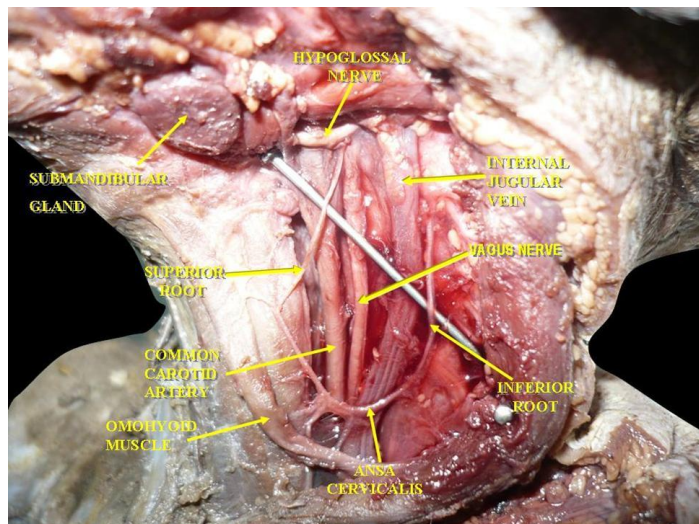
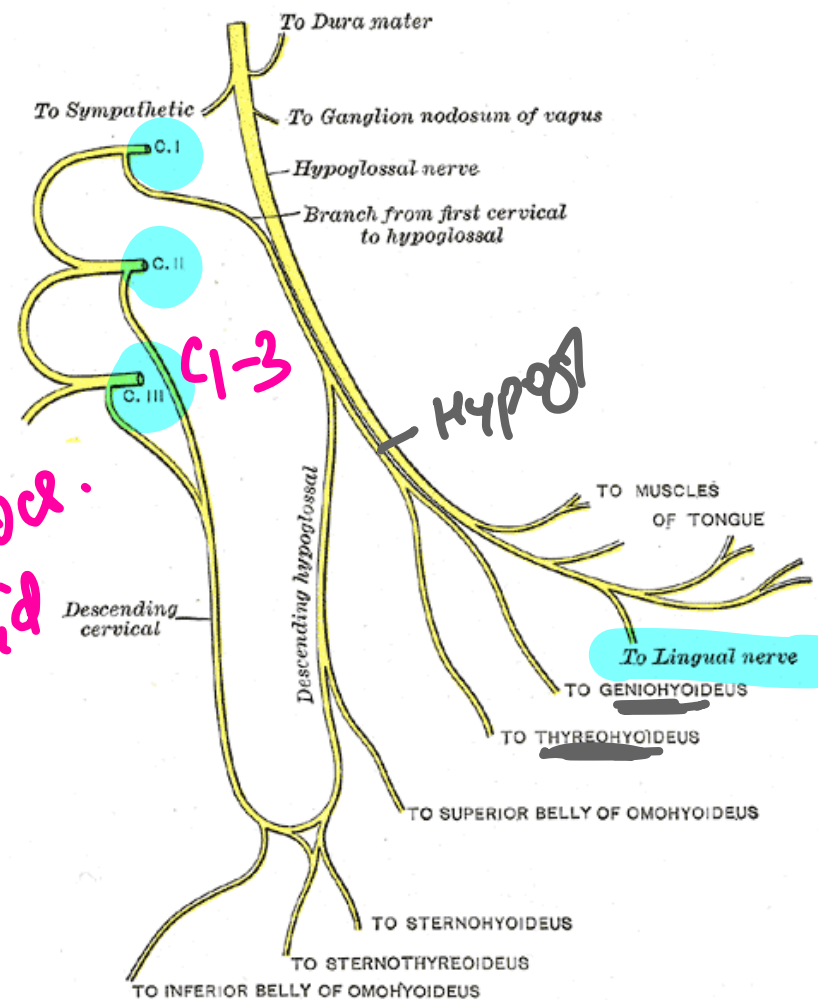
\* Submand duct → lingual n.  
loop





Crossing over 12th w

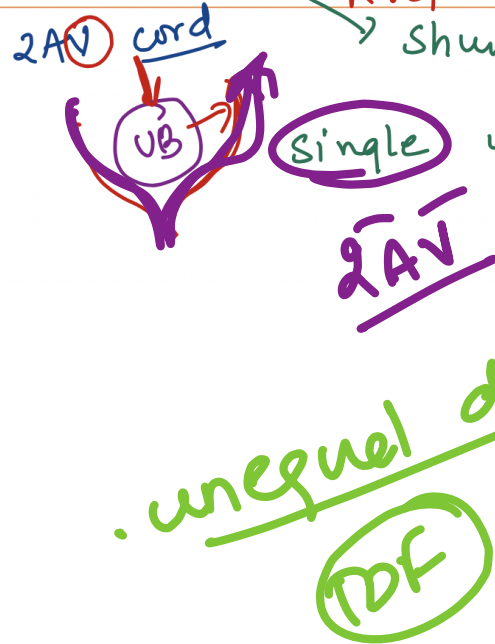
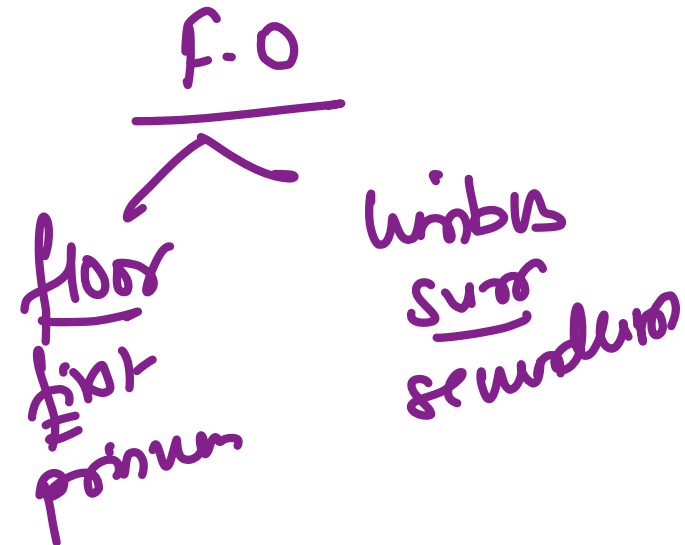
GT  
 12th  
 Hypoglossic  
 hyoid  
 12th



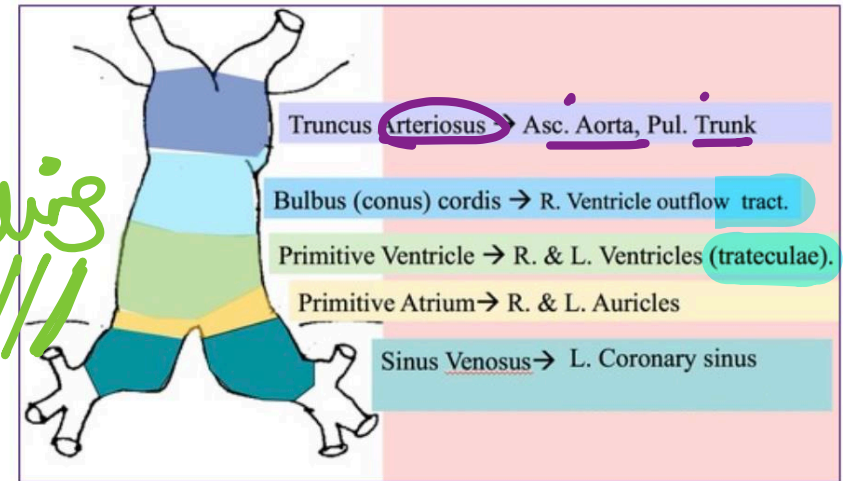
# REMNANTS OF CVS EMBRYONIC PARTS

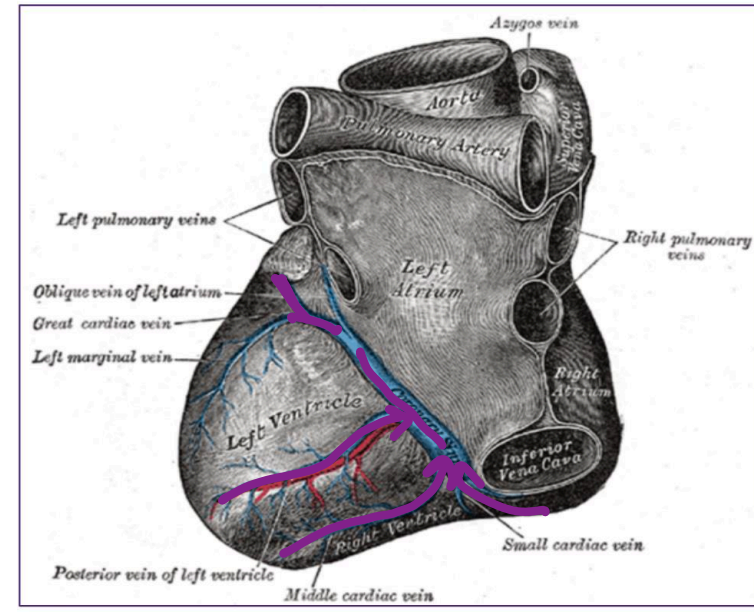
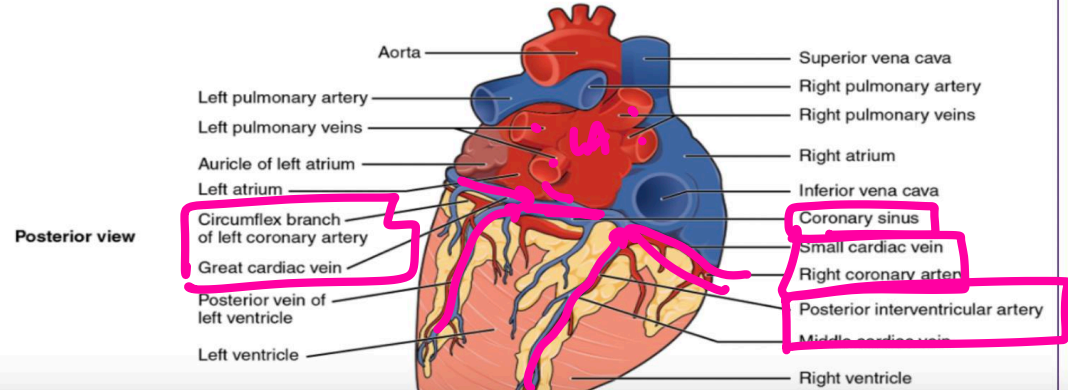
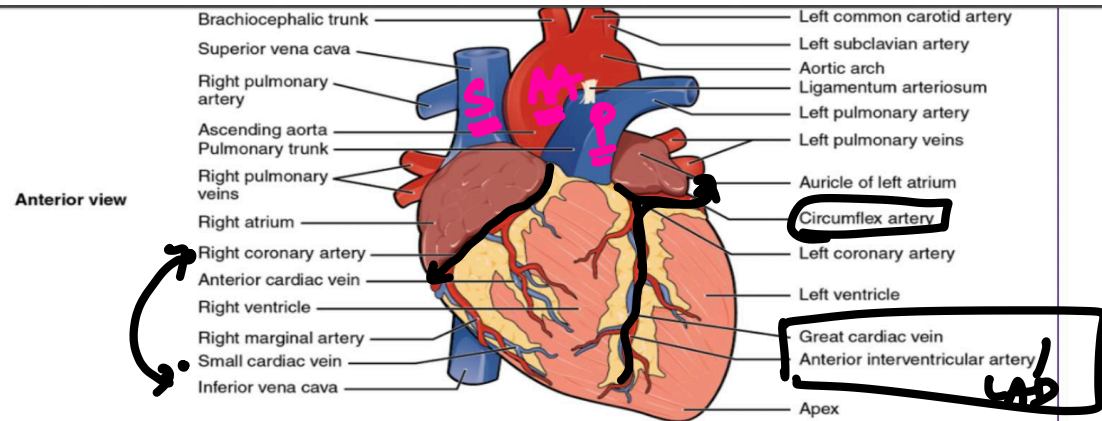
EMBRYONIC PART	REMNANT
sep. <u>primum</u>	<u>Fossa ovalis floor</u> →
sep. <u>secundum</u>	<u>Fossa ovalis limbus /annulus</u> ( <u>suror</u> )
D. <u>arteriosus</u>	<u>Ligamentum arteriosum</u> DA → 6 <sup>th</sup> arch (L)
D. <u>venosus</u> →	<u>Ligamentum venosum</u> DV
<u>Umbilical artery</u>	<u>medial umb. ligament</u> , sup vesical artery
<u>Umbilical vein</u> →	<u>ligamentum teres</u> → <u>falciform ligam</u>

① → left left → shunts oxy blood from LV to NC  
 R regresses  
 2AV cord → single umb a → alw Renal anomalies



no septum  
 PTA  
 no spiraling  
 TGA





Coronary sinus ⊕



XPP ant  
↓  
Rt atrium  
direct

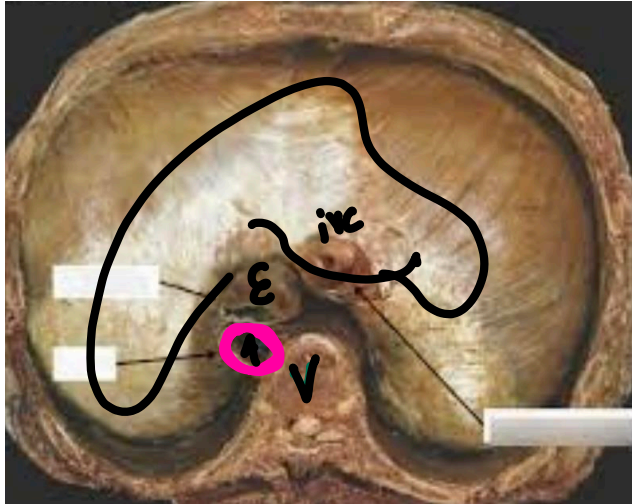
Great  
↓  
loc<sup>n</sup> • front  
AIV

Middle  
↓  
• post  
• PIV

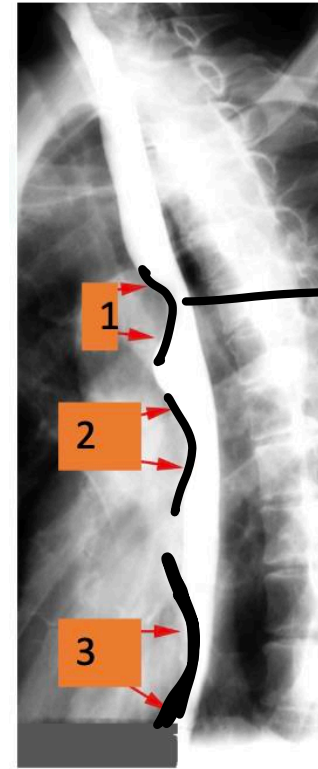
Small  
↓  
• RCA  
• Rt AV  
groove

• LAD +  
LCx

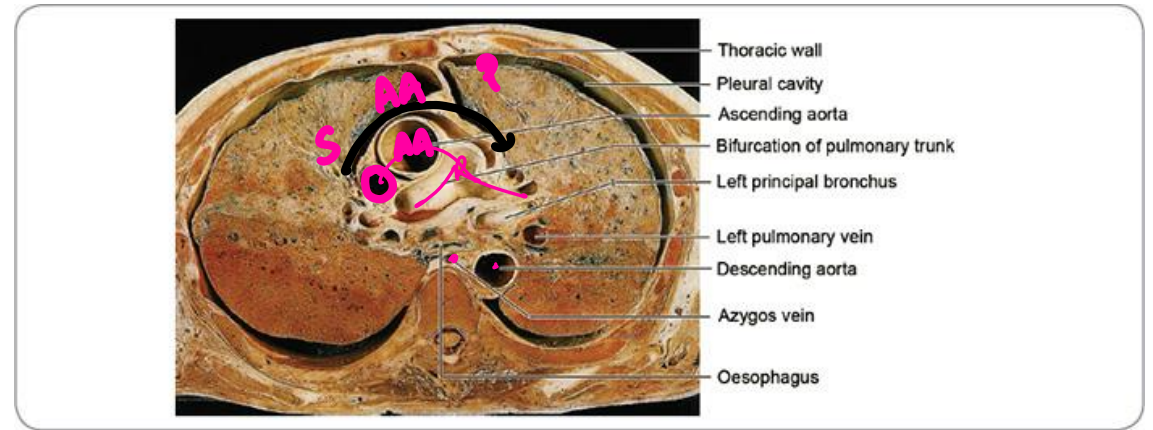
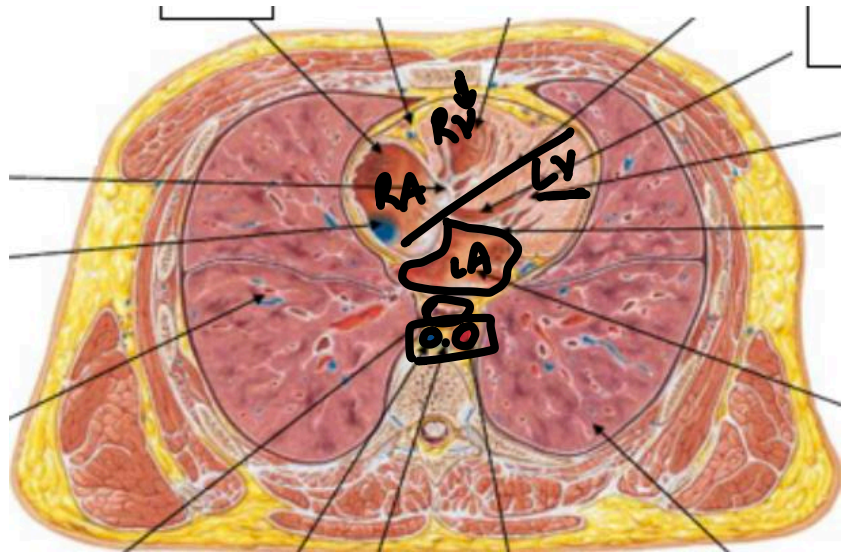




Central tendon  
 ↓  
 . Cervical opening



Aorta  
 Bronchus (L)  
 Cardiac  
 ↳ (LA)  
 (dysphagia)

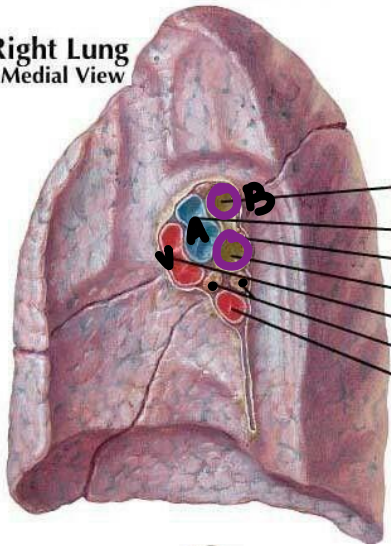


Aortic

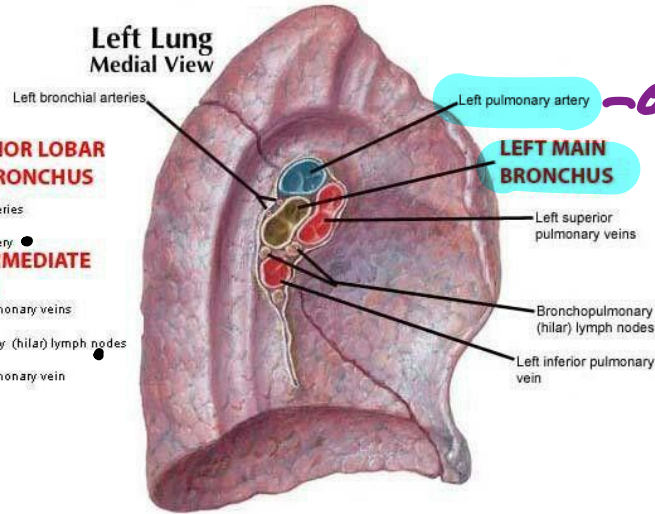
AT 12

aorta - thoracic  
azygos - azygos

Right Lung  
Medial View



Left Lung  
Medial View



-above

CXR → Hilum higher

(N) → (Lt)

∴ Lt PA is higher

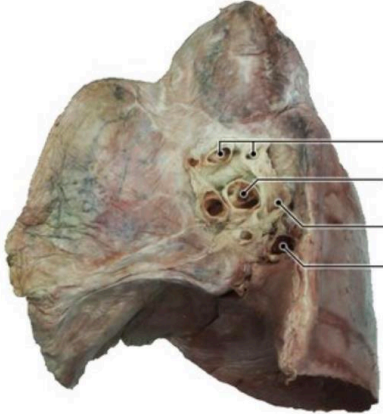
LAST - left ork sup

RAAT → Rt ork ont bronch

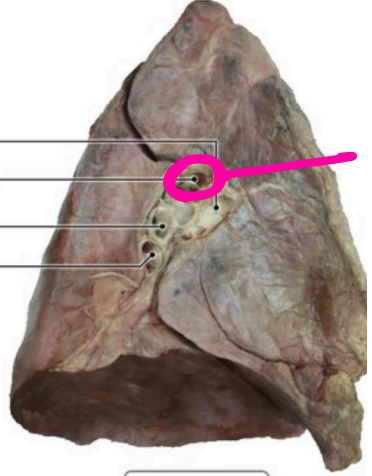
Ont to post

V A B

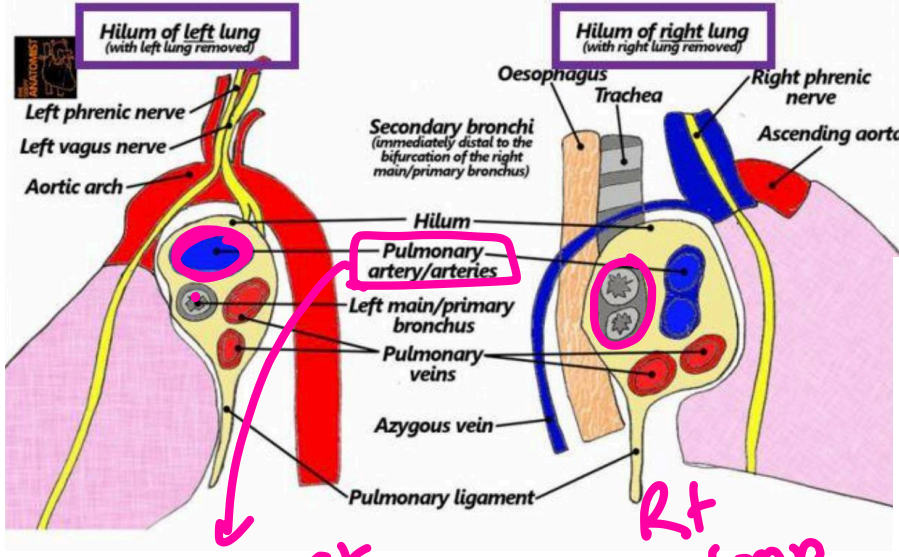
F. Netter M.D. © IBN



Right lung



Left lung

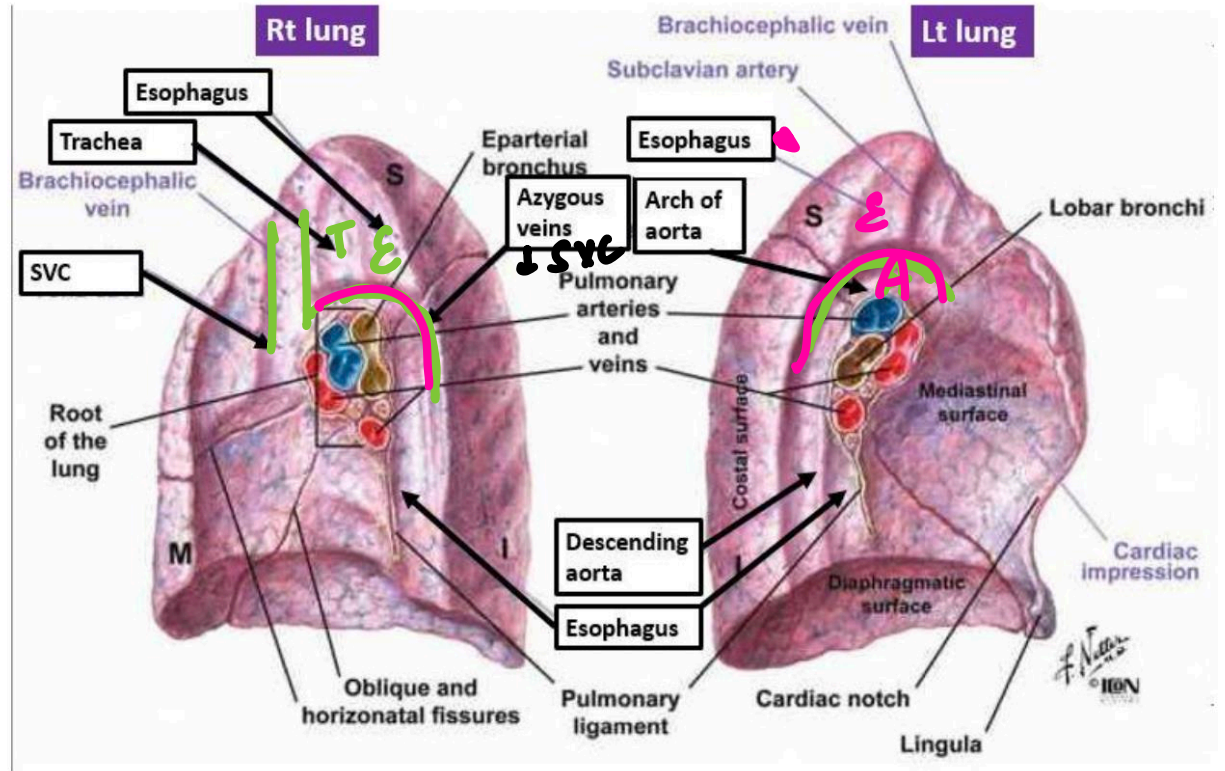


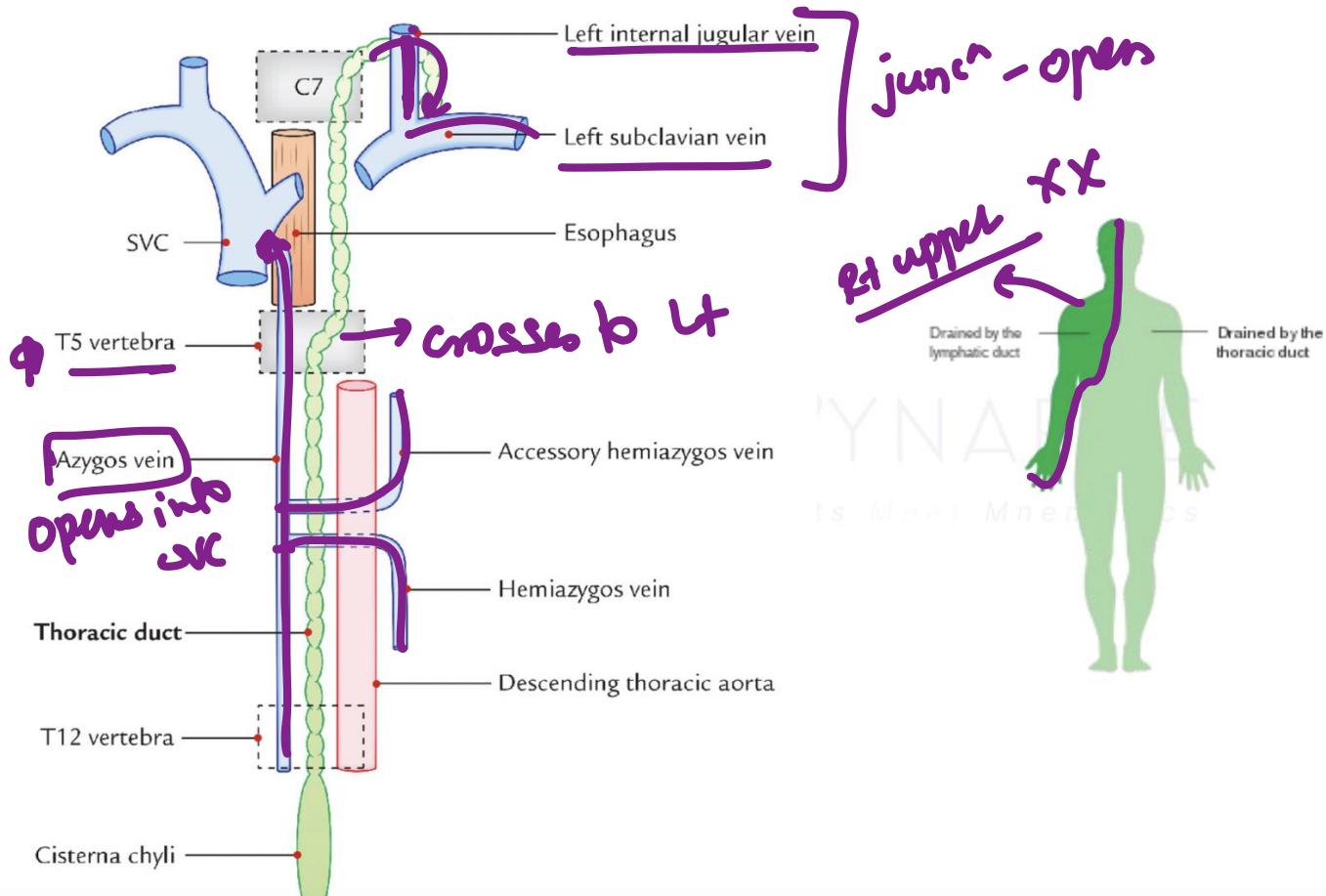
Sup most  
lt hilum  
PA

Rt  
2 bron

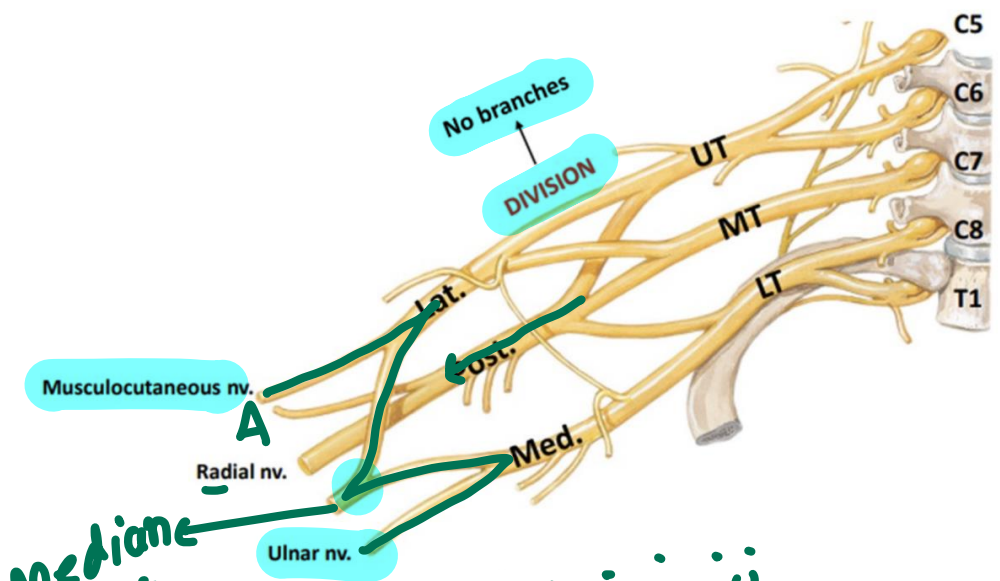
• phrenic  
front

vagus  
post





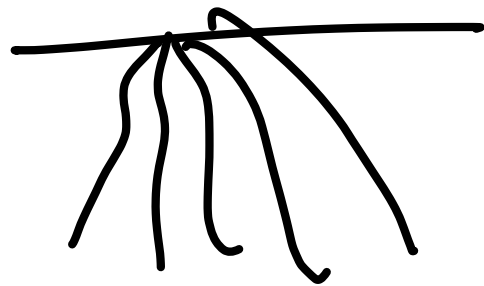
TD



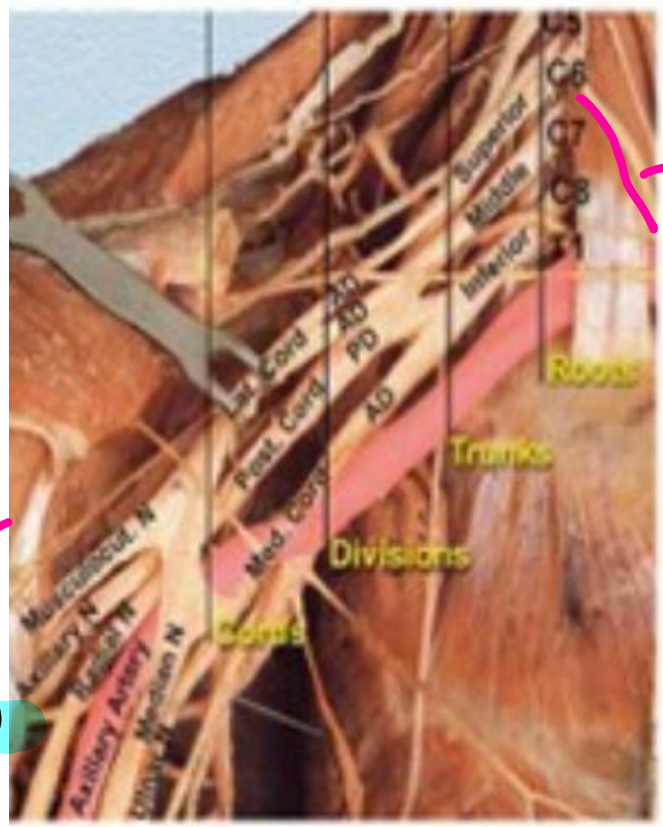
Mediane  
P.

MÄRMÜ  
⑤

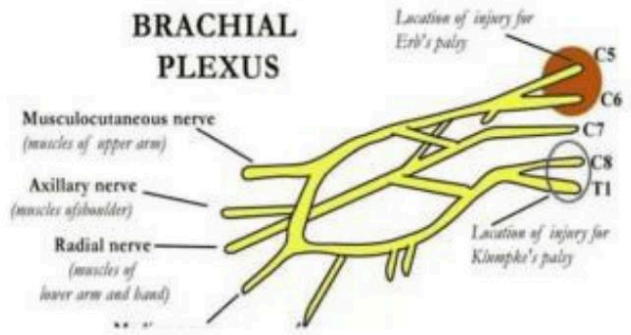
. Roots →



Scrat ank  
long-LTN  
down  
Dorsal scap N.  
↳ C.S. Rhomboid



phrenic  
US

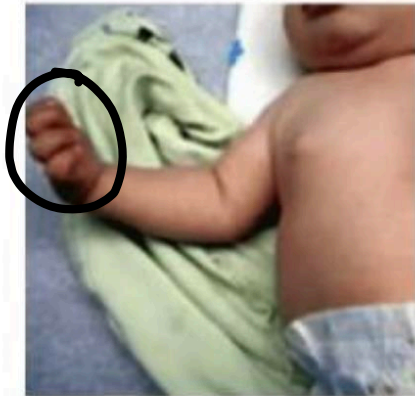


(LSD) - winging

medial wing → .LTN

.stratant

• lat → Trapezius



lower Klumpke

• claw hand

animal

Horns

Horner

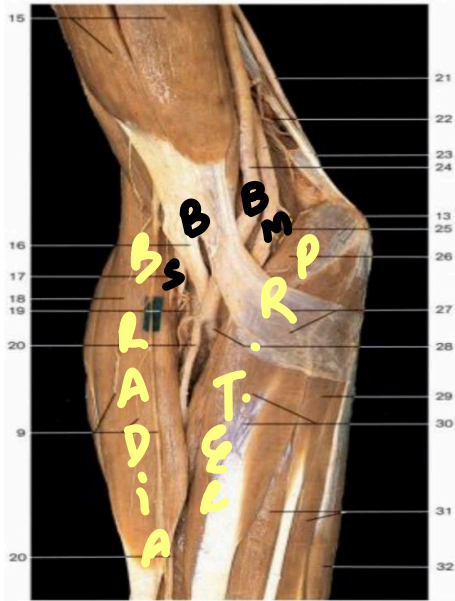


URbi

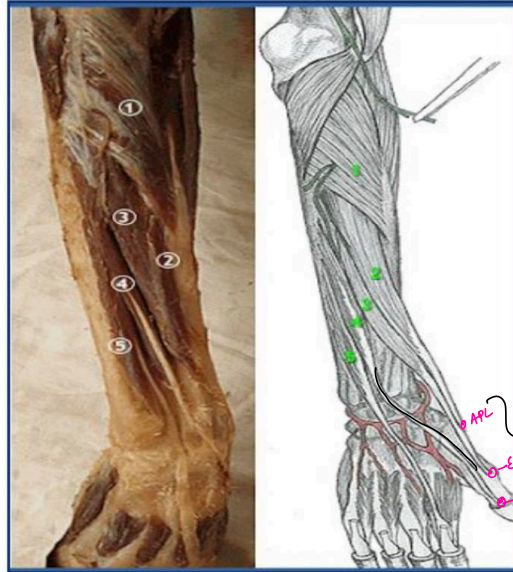
Support

CS

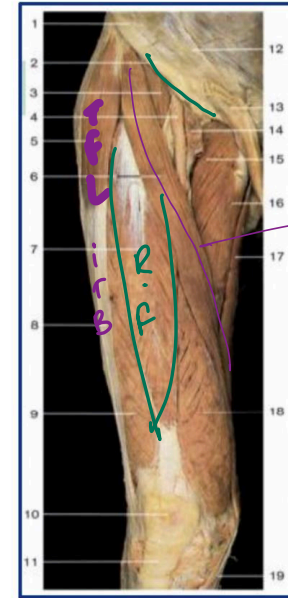
tip → top trunk



MBBS  
 ↓ ↓  
 BA BB  
 • cubital  
vlnarn



DP → EPL long  
 PP → EPB  
 MC → long. APL  
 anat. box  
 APL  
 EPB  
 EPL median

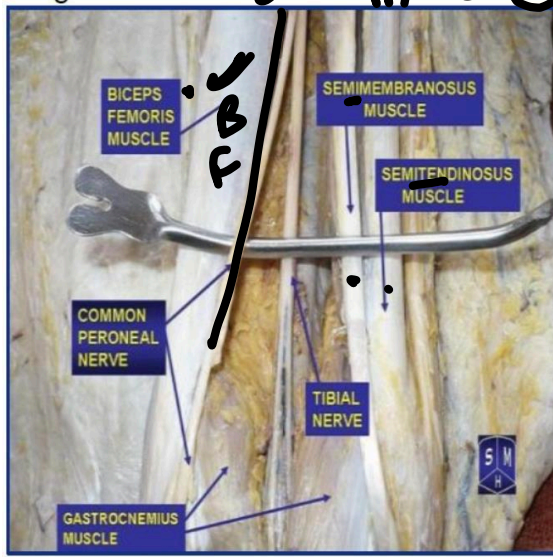


med lymph V A N nodes  
 Sartorius

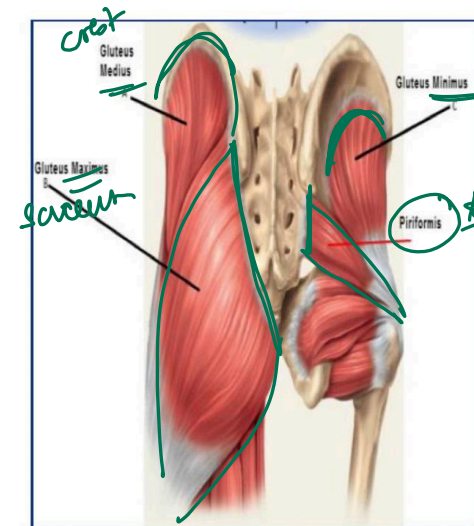
G. maximus

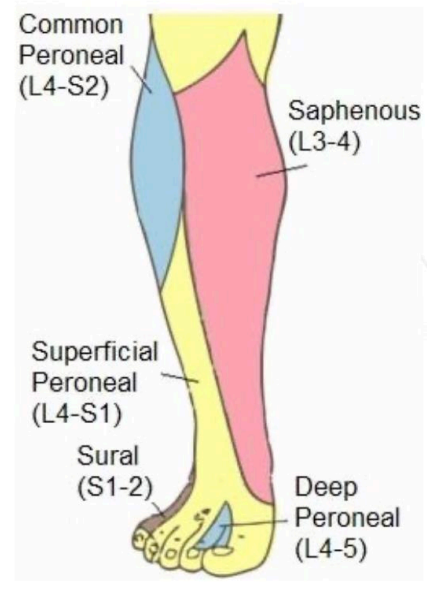
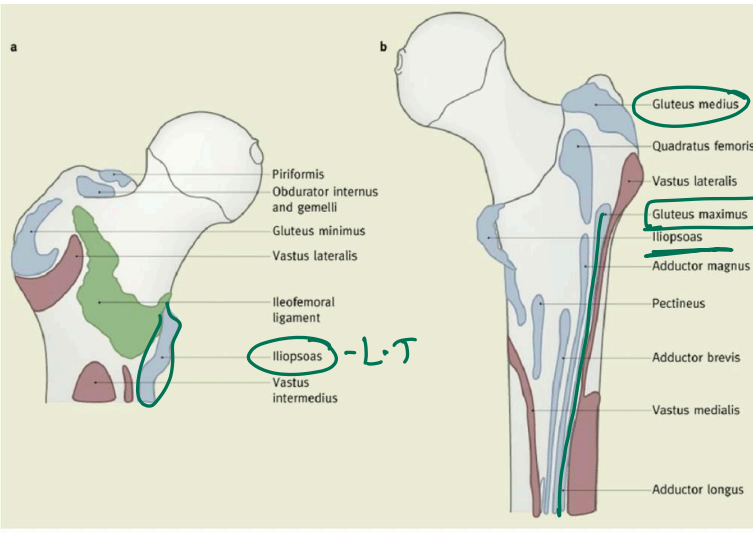
↓  
 • extensor  
 • w/ gluteal n.  
 • xxx G. troch

Lat m-semi



• Through → Tibial  
 • periph → peroneal  
 deepest → pop. a.  
 sup → Tibial n





NAPSE  
Shri Maemonia

Trendelenburg test



R L

L.S.G.N.  
L: gait

med/min abductors

stands

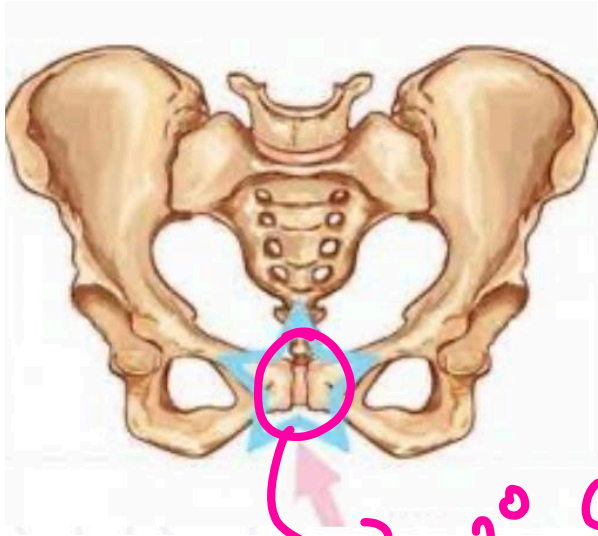
↳ abn

- Same side
- sup glut n.

Lurching gait

OP →

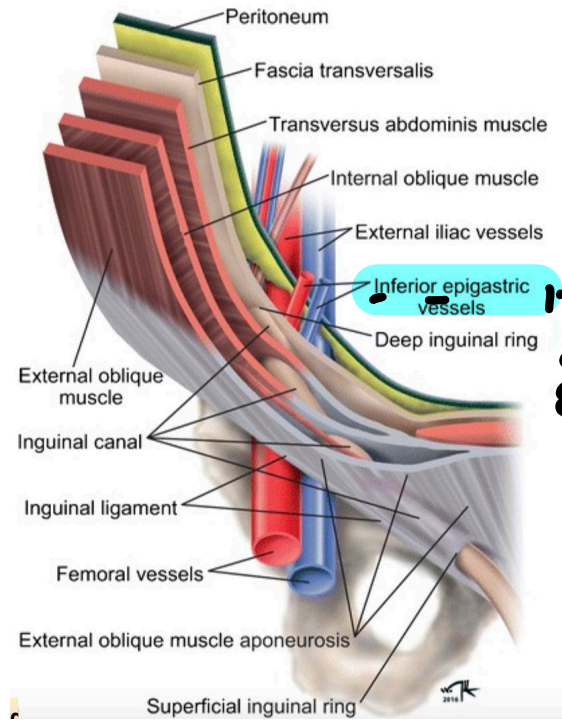
Dr OPS



2° cartilag. jr- / symphysis  
 ↳ midline  
 ↳ fibrocartilage

Joints  
SSO

M i s  
 ~~~~~  
 mi      THIS  
sad      BdS.

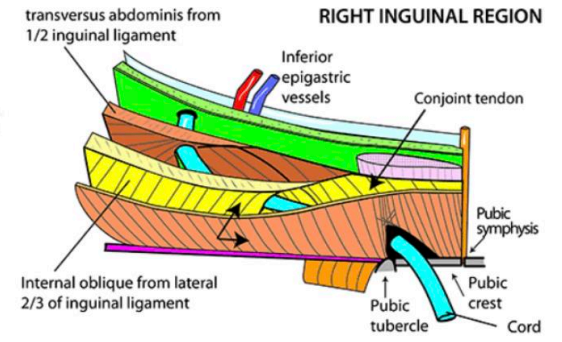
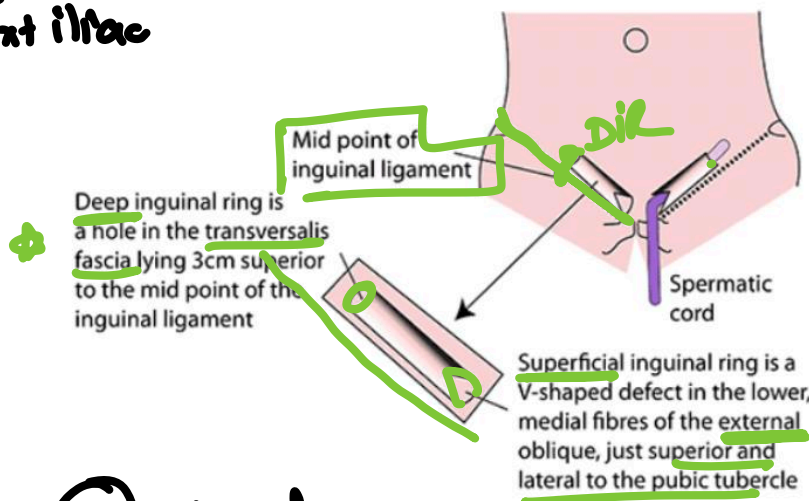


## INGUINAL CANAL

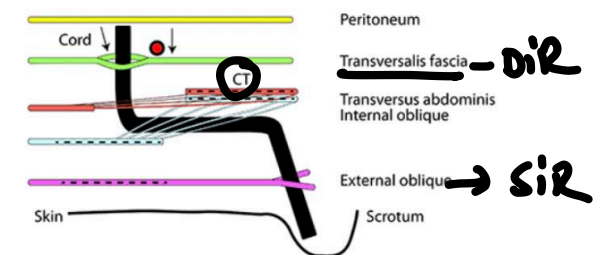
A 4cm tunnel in the lower, anterior abdominal muscles that runs downwards and medially between the deep and superficial inguinal rings

Anterior wall: external oblique, & internal oblique for lateral 1/3  
 Roof: Arching fibres of internal oblique & transversus  
 Posterior wall: transversalis fascia & conjoint tendon  
 Floor: inguinal ligament

*1. E →  
E. i  
Ext iliac*

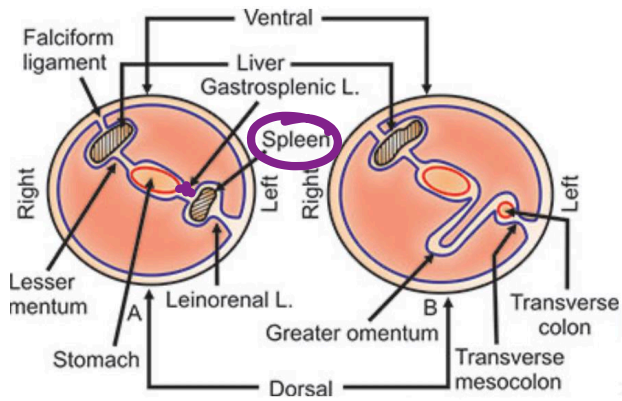


Arrows show 2 areas of "reinforcement" for superficial and deep ring



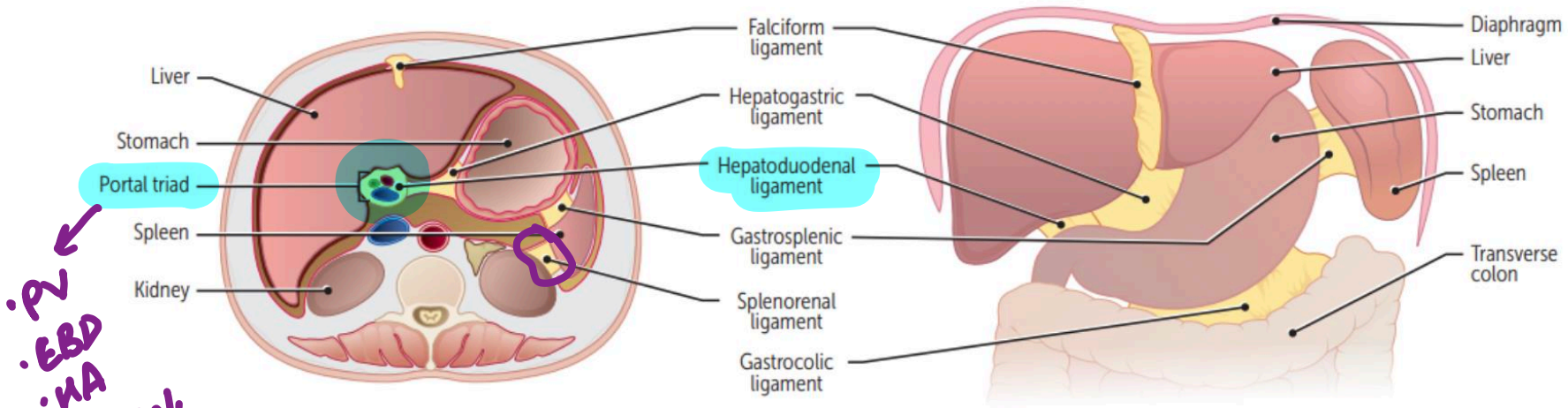
- EXPLODED INGUINAL CANAL**
- Arrows indicate sites of weakness at deep ring (indirect hernia) and at transversalis fascia lateral to conjoint tendon (direct hernia).
  - Dotted lines indicate the 2 layers that support both the deep and superficial inguinal rings.

*Indirect hernia → in ing canal  
in scrotum*



| Dorsal Mesentery Derivatives                                              | Ventral Mesentery Derivatives <sup>a</sup>                  |
|---------------------------------------------------------------------------|-------------------------------------------------------------|
| Greater omentum (gastrocolic, gastrosplenic, and gastrophrenic ligaments) | Lesser omentum (hepatogastric and hepatoduodenal ligaments) |
| Splenorenal ligament                                                      | Falciform ligament                                          |
| Mesentery of small intestine                                              | Coronary ligament (right and left triangular ligaments)     |
| Mesoappendix                                                              |                                                             |
| Transverse mesocolon                                                      |                                                             |
| Phrenicocolic ligament                                                    |                                                             |
| Sigmoid mesocolon                                                         |                                                             |

Liver ventral.  
Lesser

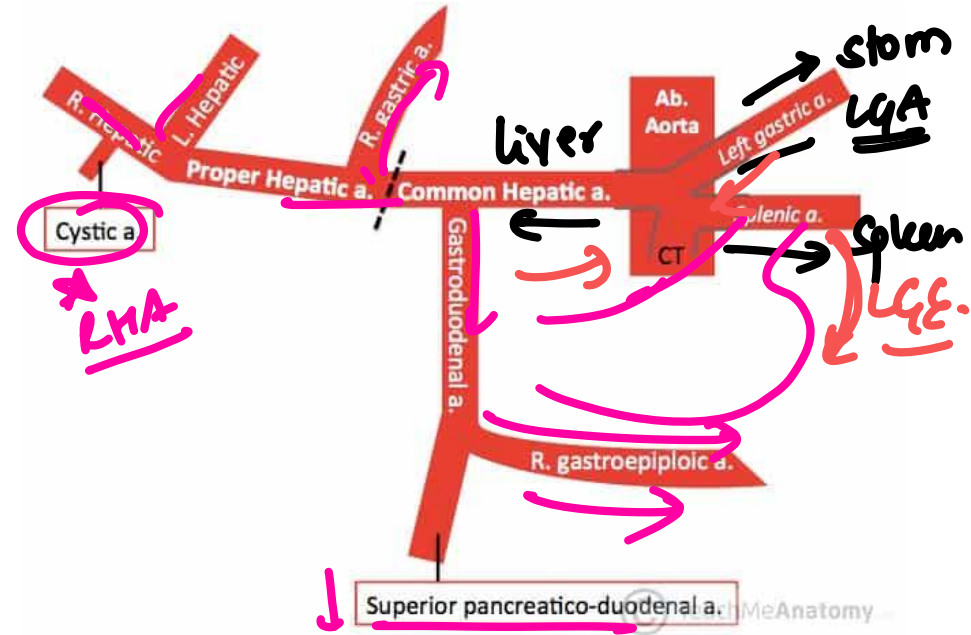
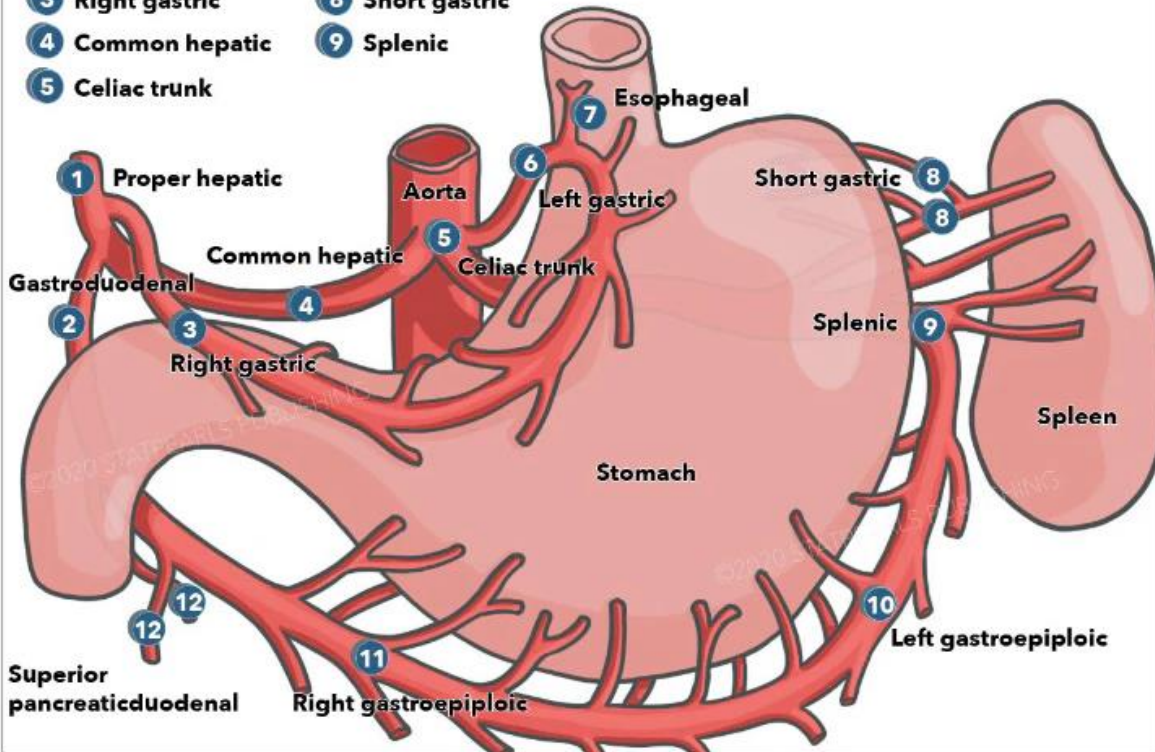


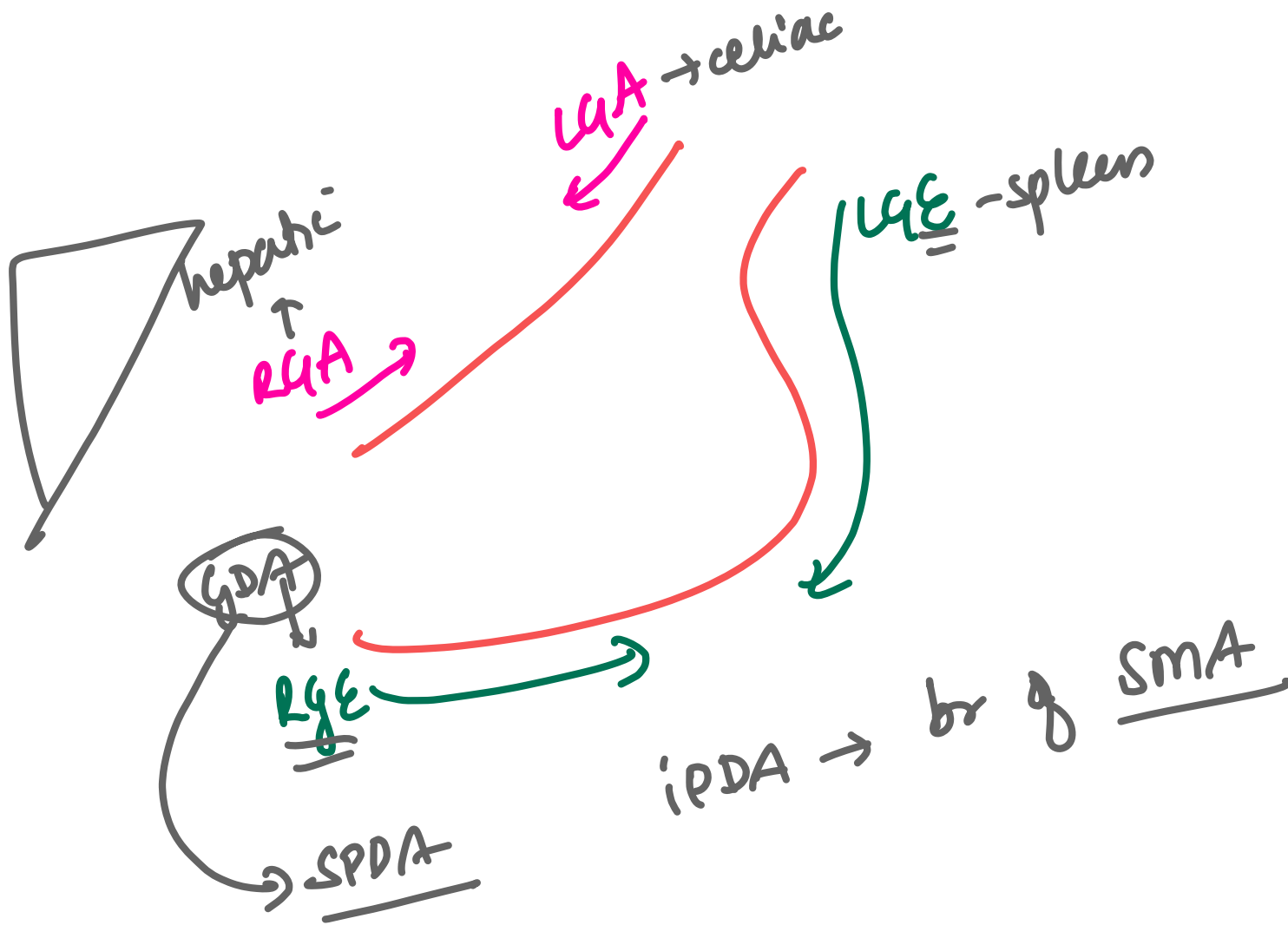
P  
 EBD  
 HA  
 XXX HV

- PANCREATIC TAIL - / **splenic artery** → **lienorenal ligam**
- PORTAL TRIAD - **Hepatoduod** (leuer om) \* **Gastrosplenic** → short gastric & G.E. veins
- LIGAMENTUM TERES HEPATIS** - **falu frm. lig**
- = Lt umb vein
- SPLEEN DEVELOPS IN** - **DORSAL MESOGASTRIUM** xx **indod**

### Celiac Trunk

- 1 Proper hepatic
- 2 Gastroduodenal
- 3 Right gastric
- 4 Common hepatic
- 5 Celiac trunk
- 6 Left gastric
- 7 Esophageal
- 8 Short gastric
- 9 Splenic
- 10 Left gastroepiploic
- 11 Right gastroepiploic
- 12 Superior pancreaticoduodenal





SMA → int  
 = PDA

IMA → sup  
rectal a.

int iliac a → pelvis / perineum

- uterus / vagina
- UB
- rectum

ant

post

MOUSIII

middle  
rectal a.

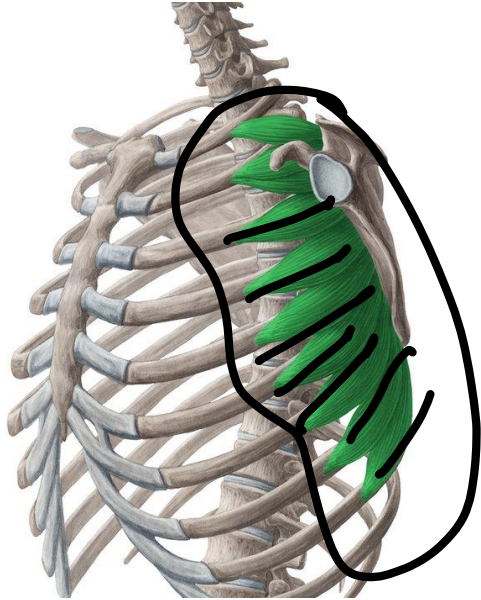
PILS

ileo  
lumb

lat  
sacral

superior glut a.

post



*Serrat. ant*

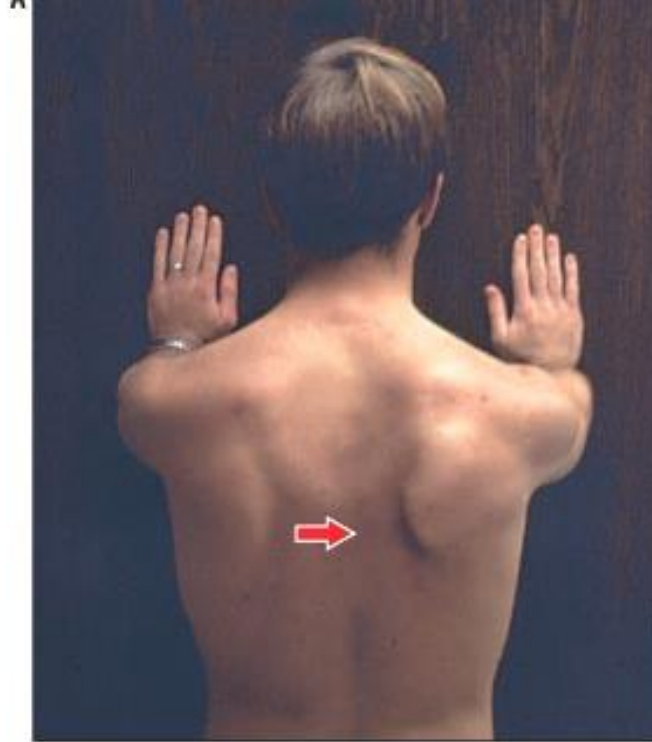


FIGURE 3. In medial scapular winging (A), the medial scapular border displaces from the thoracic cage most prominently when the patient engages in humeral flexion (arrow). In lateral scapular winging (B), the lateral border of the scapula (arrow) is prominent during humeral abduction, and the superior trapezius is flattened (arrowhead).

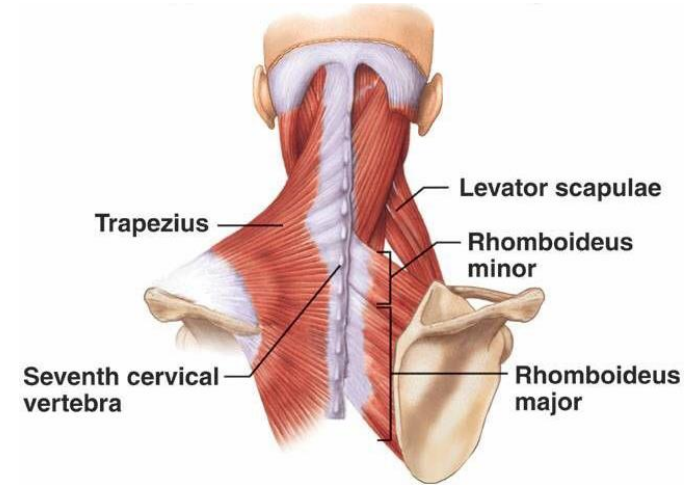
| Muscles of the shoulder joint |                                |                                        |           |
|-------------------------------|--------------------------------|----------------------------------------|-----------|
| Movement                      | Prime Mover                    | Origin                                 | Insertion |
| Flexion                       | Anterior deltoid               | Clavicle, scapula and acromion process | Humerus   |
|                               | Upper part of pectoralis major | Clavicle, sternum and ribs             | Humerus   |
|                               | Coracobrachialis               | Scapula                                | Humerus   |
|                               | Serratus anterior              | Side of ribs                           | Scapula   |
| Extension                     | Posterior deltoid              | Clavicle, scapula and acromion process | Humerus   |
|                               | Latissimus dorsi               | Ilium, lumbar and thoracic vertebrae   | Humerus   |
|                               | Teres major                    | Scapula                                | Humerus   |
| Horizontal flexion            | Pectoralis major               | Clavicle, sternum and ribs             | Humerus   |
| Horizontal extension          | Trapezius                      | Cervical and thoracic vertebrae        | Scapula   |
| Abduction                     | Medial deltoid                 | Clavicle, scapula and acromion         | Humerus   |
|                               | Supraspinatus                  | Scapula                                | Humerus   |
| Adduction                     | Lower part of pectoralis major | Clavicle, ribs and sternum             | Humerus   |
|                               | Latissimus dorsi               | Ilium, lumbar and thoracic vertebrae   | Humerus   |
|                               | Teres major                    | Scapula                                | Humerus   |
|                               | Teres minor                    | Scapula                                | Humerus   |
| Medial rotation               | Pectoralis major               | Clavicle, sternum and ribs             | Humerus   |
|                               | Subscapularis                  | Scapula                                | Humerus   |
|                               | Latissimus dorsi               | Ilium, lumbar and thoracic vertebrae   | Humerus   |
|                               | Teres major                    | Scapula                                | Humerus   |
|                               | Anterior deltoid               | Clavicle, scapula and acromion process | Humerus   |
| Lateral rotation              | Infraspinatus                  | Scapula                                | Humerus   |
|                               | Teres minor                    | Scapula                                | Humerus   |
|                               | Posterior deltoid              | Clavicle, scapula and acromion process | Humerus   |
|                               | Lower trapezius                | Cervical and thoracic vertebrae        | Scapula   |

\* Prime movers shaded grey are the principle muscles causing the movement.

| Muscles of the shoulder girdle |                           |                                 |                  |
|--------------------------------|---------------------------|---------------------------------|------------------|
| Movement                       | Prime Mover               | Origin                          | Insertion        |
| Elevation                      | Trapezius                 | Skull                           | Clavicle         |
|                                | Rhomboids                 | Cervical and thoracic vertebrae | Scapula          |
|                                | Levator scapulae          | Cervical vertebrae              | Scapula          |
| Depression                     | Trapezius (lower)         | Thoracic vertebrae              | Base of spine    |
|                                | Pectoralis minor          | Ribs                            | Scapula          |
|                                | Serratus anterior (lower) | Side of ribs                    | Scapula          |
| Upward rotation                | Trapezius (upper)         | Ligaments of the neck           | Acromion process |
|                                | Serratus anterior         | Side of ribs                    | Scapula          |
| Downward rotation              | Rhomboids                 | Cervical and thoracic vertebrae | Scapula          |
|                                | Levator scapulae          | Cervical vertebrae              | Scapula          |
| Protraction / Abduction        | Serratus anterior         | Side of ribs                    | Scapula          |
| Retraction / Adduction         | Trapezius                 | Cervical and thoracic vertebrae | Scapula          |

*Handwritten notes:*  
 - "SET UP" with arrows pointing to the Trapezius (upper) and Serratus anterior rows.  
 - "med wing" with an arrow pointing to the Serratus anterior row.  
 - "lat wing" with an arrow pointing to the Trapezius row.

\* Prime movers shaded grey are the principle muscles causing the movement.



acn g pect major →

↓  
insertion → pectoralis  
lat up

acn -

- flex<sup>n</sup>
- adduct<sup>m</sup>
- med rot<sup>n</sup>.

• elem | downward rotm → Trap  
• LS  
• rhom

• dep | upward rotm

↳ Trap lower  
• serrat ant

Trap → Trapez  
①

| Movement              | Muscle                                                                                                           |
|-----------------------|------------------------------------------------------------------------------------------------------------------|
| Flexion <i>ant</i>    | Psoas major, iliacus, pectineus, rectus femoris and Sartorius                                                    |
| Extension <i>post</i> | Gluteus <sup>ante</sup> maximus and hamstrings (semitendinosus, semimembranosus and bicep femoris)               |
| Abduction             | Gluteus maximus, medius and minimus, and tensor fascia lata                                                      |
| Adduction <i>med</i>  | Adductor magnus, logus and brevis, gracilis, and pectineus                                                       |
| Internal rotation     | Gluteus medius and minimus, tensor fascia lata, psoas major, and iliacus                                         |
| External rotation *   | Gluteus maximum, piriformis, obturator internus, gemellus superior and inferior, quadrates femoris and obturator |

Hip

→ sup. gluteal N.

ax ten<sup>n</sup>  
ax tenal rom

Deep → membranous urethra.

