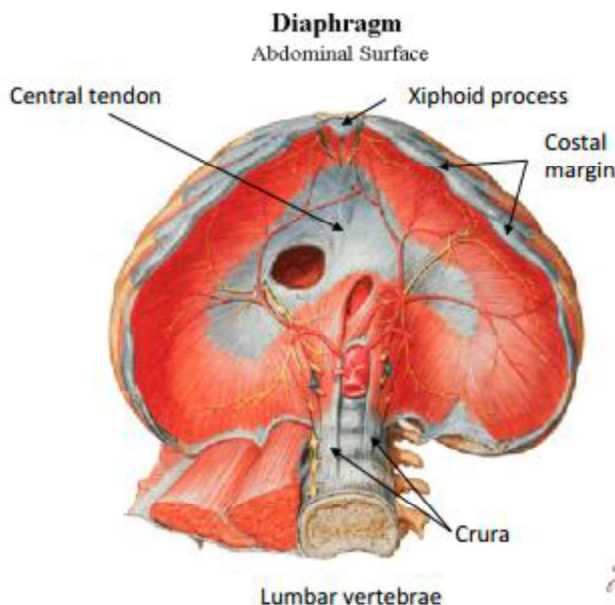


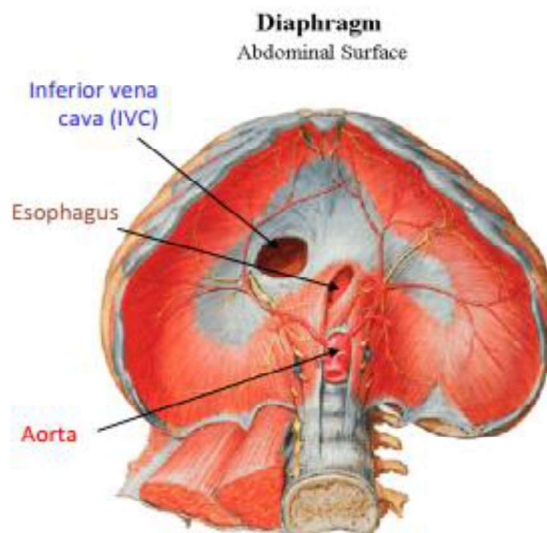
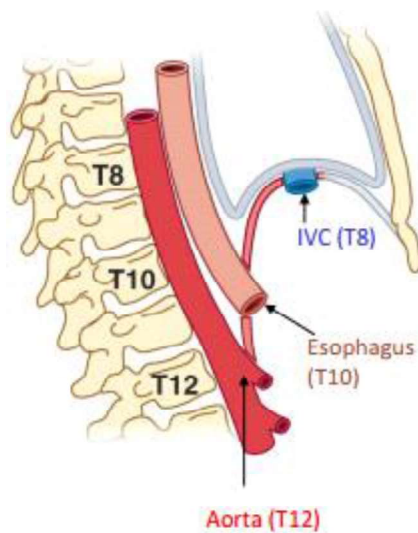
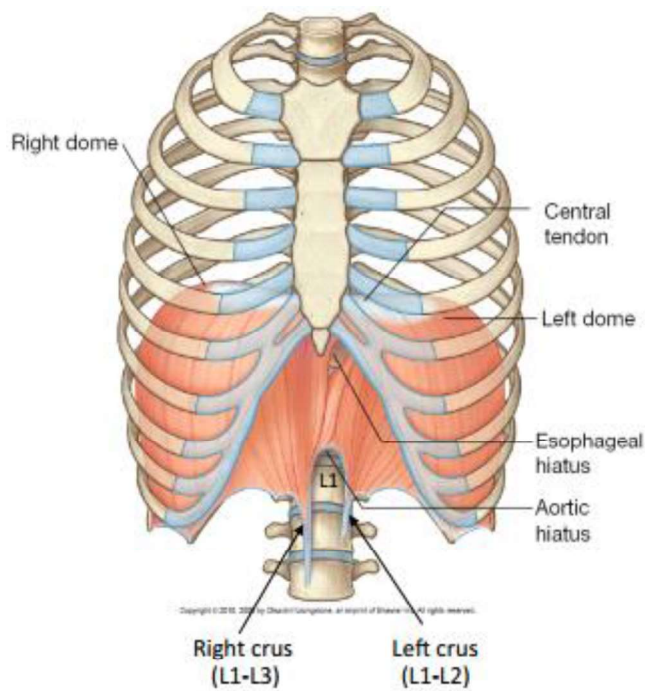
Diaphragm 6min - 3min

Sunday, 8 May 2016 11:48 PM

Diaphragm

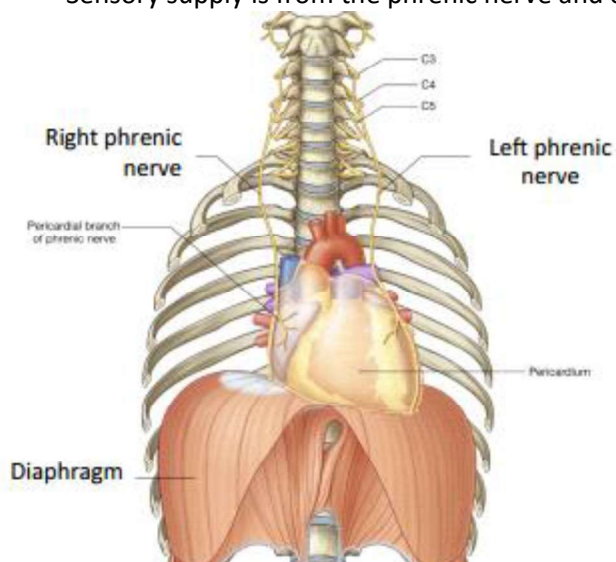
- Circumferential origins
- Inserts into central tendon with a bony attachment
- Peripheral attachments:
 - o Xiphoid process
 - o Costal margin
 - o Ends of ribs 11-12
 - o Arcuate ligament
 - o Superior lumbar vertebrae via 2 crura
- Arches/Domes:
 - o Protrude upwards into thorax
 - o 2 domes:
 - Left dome:
 - Over stomach and spleen
 - Right dome:
 - Protrudes higher than the left dome
 - Liver pushes dome higher on the right side
 - Right crus is longer than the left one
- Chief muscle of inspiration
- Opening (hiatus) :
 - o Inferior Vena Cava:
 - Passes through at T8 level
 - REMEMBER: Inferior has 8 letters as does Vena cava therefore T8 level
 - Through ligament/tendon part
 - o Oesophagus:
 - Passes through at T10 level
 - REMEMBER: 10 letters in oesophagus therefore T10 level
 - Through muscle part
 - o Aorta:
 - Passes through at T12 level
 - Through domes and crura
 - Anterior to vertebrae





Phrenic Nerve

- Motor and nerve supply of diaphragm
- Left and right phrenic nerve
- Motor supply is solely from the phrenic nerve
- Sensory supply is from the phrenic nerve and others



Posterior Abdominal Wall 50sec

Friday, 10 June 2016 8:55 PM

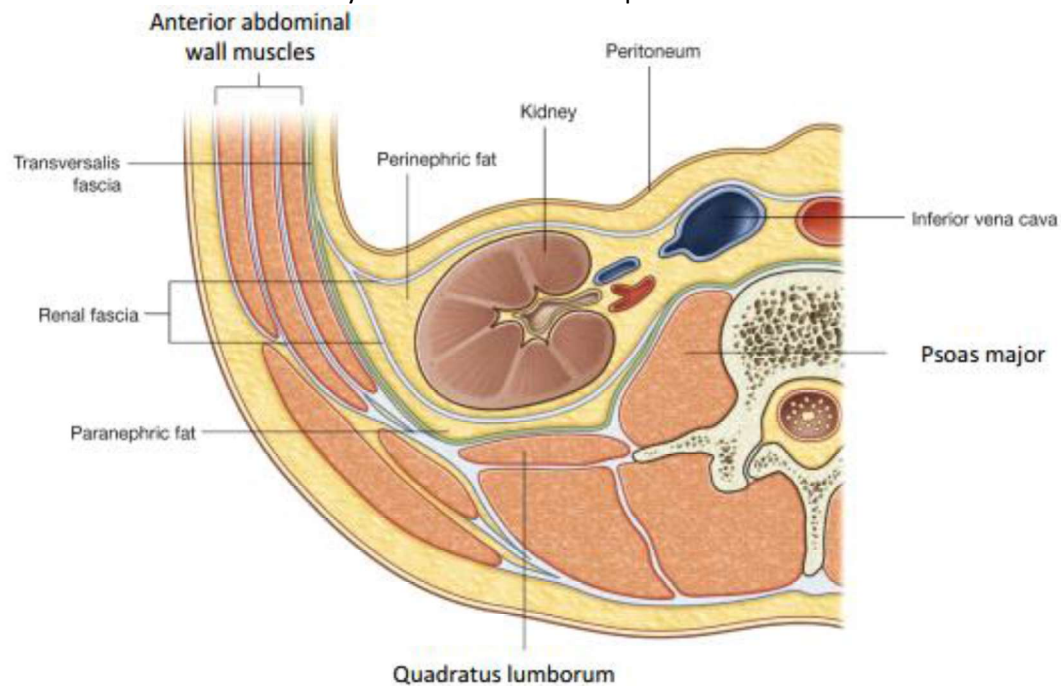
Bones

- L1-5 and their IV discs
- 12th ribs
- Pelvic brim



Muscles

- Posterior muscles attach to bony landmarks
- Each muscle enclosed by its own fascia envelope

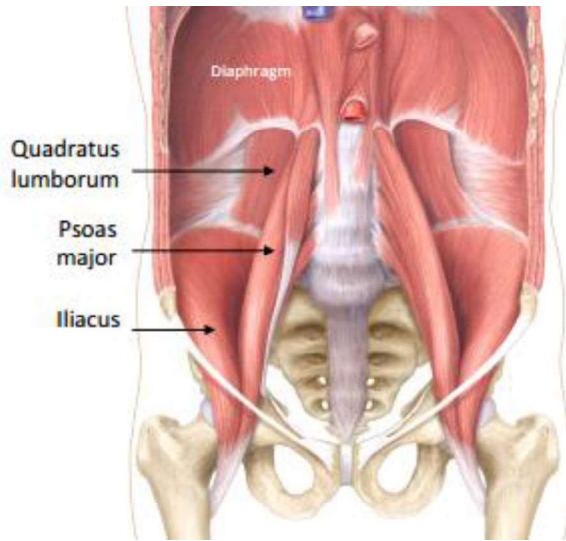


Psoas Major

- Arise from lumbar vertebrae
- Runs adjacent to vertebrae
- Pass inferiorly or deep to inguinal ligament
- Insert into the lesser trochlear of femur

Quadratus Lumborum

- Quadratus = roughly square or rectangular shaped
- Arise from the 12th rib and tips of lumbar transverse process
- Lateral to psoas major
- Insert into iliac crest



Iliacus

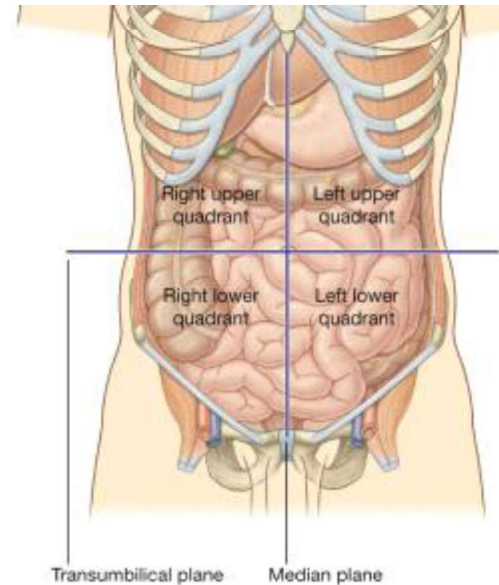
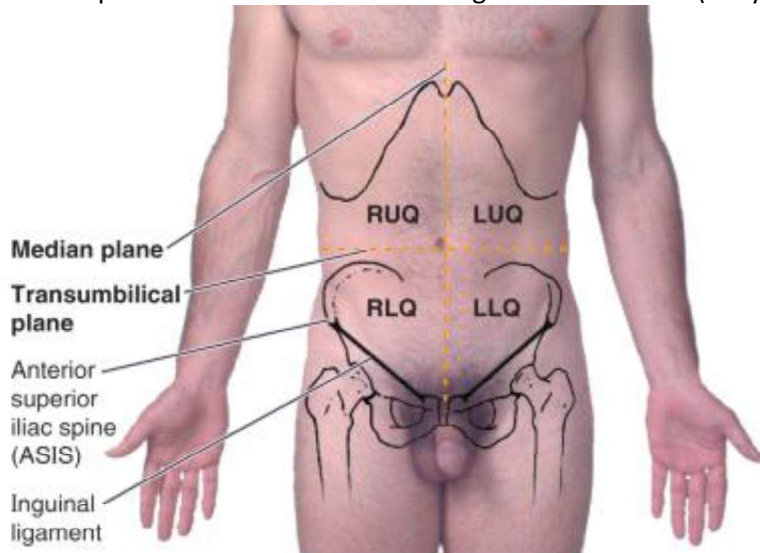
- Flat triangular muscle
- Fills iliac fossa
- Inserts into lesser trochlea of femur

Abdominal Viscera 2min 20

Saturday, 11 June 2016 11:25 AM

Abdominal Quadrants

- Some abdominal viscera supported and protected by rib cage due to dome in diaphragm
 - o Eg. Liver in right dome
- 4 quadrants with the 4 intersecting at umbilical cord (belly button)



Abdominal cavity

- U shaped or kidney shaped abdominal cavity with the vertebral column on the lesser wall

Peritoneum

- Serous membrane that forms the lining for the abdominal cavity
- Parietal peritoneum:
 - o Covers the cavity wall
 - o Neurovascular supply from body wall (somatic nerves)
- Visceral peritoneum:
 - o Covers the viscera
 - o Same neurovascular supply as viscera (autonomic nerves)
- Peritoneal cavity:
 - o Space in between peritoneum layers
 - o Potential space
- Intraperitoneal viscus:
 - o Viscera that are inside the peritoneal cavity
 - o Viscera that are completely surrounded by peritoneum membrane
 - o Viscera with mesentery must have blood supply through mesentery not directly like retroperitoneal viscus
 - o Eg. Jejunum
- Retroperitoneal viscus:
 - o Viscera that are outside the peritoneal cavity
 - o Viscera that are partly covered by peritoneal membrane
 - o Fixed position
 - o Direct blood supply
 - o Primary retroperitoneal:
 - Viscera never possessed a mesentery
 - Eg. Kidney
 - o Secondary Retroperitoneal:
 - Viscera lost its mesentery