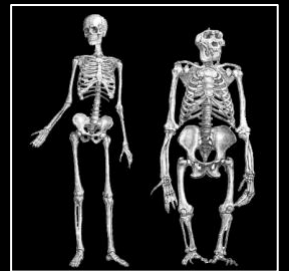
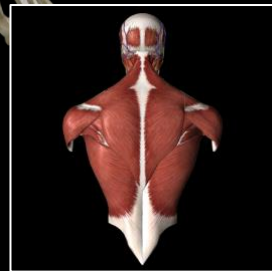
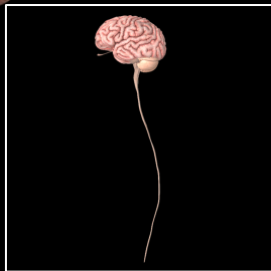
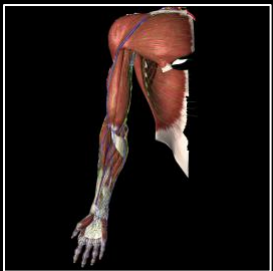


ATLAS OF

MUSCULOSKELETAL

# ANATOMY



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## Shoulder Region

# Shoulder Region

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- Located between the **Neck Region** and the **Arm Region**.
- Represented by the shoulder (**Glenohumeral**) joint, scapula posteriorly on the chest wall, a superomedial cone of muscle and the **Axilla** and its contents inferomedially.
  - The **Pectoral Girdle** refers to the scapula and the **Clavicle**.
- Some movement of the scapula and the shoulder joint combine to move the upper limb in coordination, referred to as the **Scapula-Humeral Rhythm**.
- Force transfer is achieved by the humerus, shoulder joint and scapula, which direct it to the chest through the muscles or the clavicle and its joints with the **Sternum**.
- Movement is achieved along 3 axes at the shoulder joint and the scapula by the large cone of muscles.
  - This movement provides mobility to the upper long, which, along with the arm and adjustments of the elbow, it allows the hand to move in a sphere.

## Scapula Latin "I Dig"

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- Transfers forces between the upper limb and the trunk with the aid of joints and muscular attachments to the chest wall and protects the axilla.
- Develops in cartilage as a flat, irregular, appendicular bone located on the posterior chest wall in the shoulder region.
- It is held to the chest wall by the muscles, acting like a joint.
- Possesses a **Superior (1), Inferior (2) & Lateral (3) Angle** and a **Superior (4), Medial (5) & Lateral (6) Border**.
- It extends from TV3-7 at the **Spine** and inferior angle, respectively.

### Anterior View:

#### Features:

- The **Cricoid Process (7)** extends laterally, anterior to the **Glenoid Fossa**.
- The **Subscapular Fossa (8)** comprises most of the costal surface.
- The superior, inferior and lateral angles are superior, inferior & lateral, respectively.
- The superior, medial and lateral border are superior, medial and lateral, respectively.

#### Ligaments & Articulations:

- The **Coracoclavicular Ligament** attaches to the clavicle and the coracoid process to limit upward displacement of the joint.
  - This ligament is composed of the lateral **Trapezoid** & medial **Conoid Ligaments**.
- The **Coracoacromial Ligament** attaches to the acromion and the coracoid process.

#### Muscles:

- The **Pectoralis Minor** attaches to the coracoid process.
- The **Subscapularis** attached to the subscapular fossa.

## Shoulder Region

- The **Serratus Anterior** and the **Rhomboid Major & Minor** attach to the medial border.
- The **Teres Major & Minor** attach to the lateral border.
- The **Levator Scapulae** attaches to the superior border.

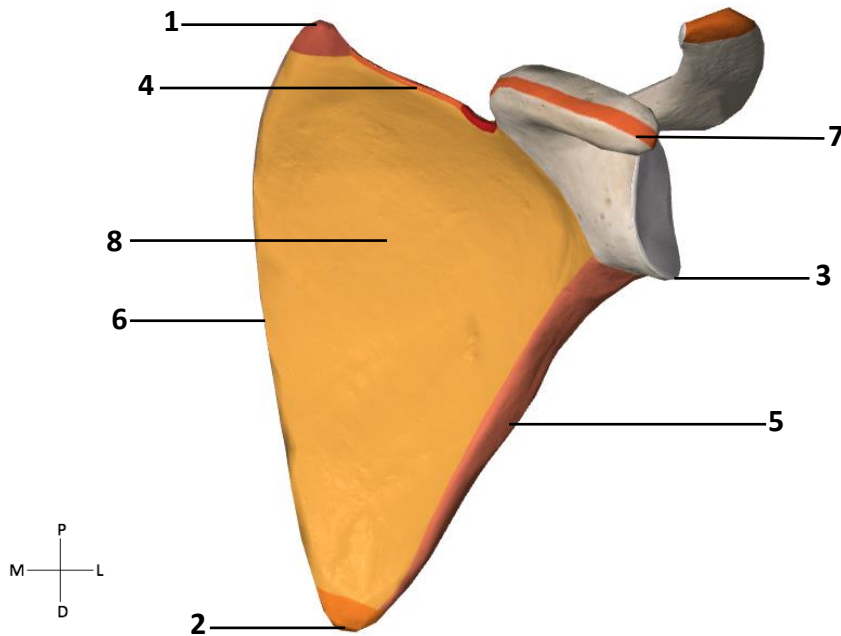


Figure 2.1. Anterior view of the left scapula of a Modern Homo Sapien.

## Lateral View:

### Features:

- The glenoid fossa (**9**) is oriented laterally with the **Head (10)** and **Neck (11)** of the scapula posterior to it.
- The **Glenoid Labrum** is a fibrocartilaginous ring that surrounds the shallow glenoid fossa to deepen it.
- The **Supraglenoid (12) & Infraglenoid (13) Tubercles** are superior and inferior to the glenoid, respectively.
- The **Suprascapular Notch (14)** is superior.

### Ligaments & Joints:

- The articular surface of the **Head** of the humerus articulates with the articular surface of the glenoid fossa to form the shoulder joint.
- The **Supra Transverse Scapular Ligament** attaches to the edges of the suprascapular notch.