

SUMMARIES & QUESTIONS

Were given by our doctors

Note:

It's just a **collection** of all the summaries and questions that where in our slides.

No further additions has been added by students.

Summary

Lecture 2 Bones of Lower Limbs

Skeleton of lower limb consists of: ✧

Femur: is the bone of thigh. ✧

Tibia: is the medial bone of the leg. ✧

Fibula: is the lateral bone of leg. ✧

Skeleton of foot: ✧

Tarsal bones (7 in number), calcaneum is the largest bone forming the heel. ✧

Metatarsal bones (5 in number). ✧

Phalanges (14 in number). ✧

The subcutaneous parts of bones in the lower limb are: ✧

Patella. ✧

Anterior border of the tibia ✧

Tibial tuberosity. ✧

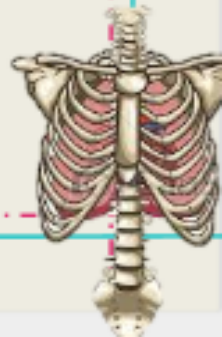
Medial surface of shaft of tibia. ✧

Medial malleolus of tibia. ✧

Lateral malleolus of fibula. ✧

The foot is a complex structure. There are 26 bones in each foot alone. The foot is also well muscled and is supported by ligaments and tissue known as fascia. ✧

Support is of prime importance in the foot, as it bears the weight of the body and must adopt different configurations to permit locomotion. ✧



Questions

Lecture 2 Bones of Lower Limbs

1-The patella :

- A. Lies on the back of the knee joint.
- B. Has apex lying superiorly.
- C. Has smooth articulating anterior surface.
- D. Gives attachment to quadriceps femoris tendon.

2-Which one of the foot bones contributes in the ankle joint ?

- A. Calcaneum.
- B. Talus.
- C. Cuboid.
- D. Navicular.

3-The tarsal bones of foot consists of :

- A. 5 bones.
- B. 7bones.
- C. 9 bones.
- D. 10 bones.

4-Which one of the following bones is the largest bone in the foot ?

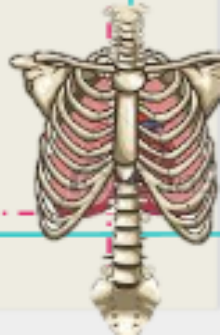
- A. Cuboid.
- B. Cuneiform.
- C. Navicular.
- D. Calcaneum.

5-Which one of the following bones forms the heel of foot?

- A. Talus.
- B. Calcaneum.
- C. Cuboid.
- D. Navicular.

6-The medial bone of the leg is :

- A. Femur.
- B. Humerus.
- C. Tibia.
- D. Fibula.



Questions

Lecture 3 Cervical Spines

1-Which one of cervical vertebrae contributes in the ligamentum nuchae ?

- A. Atlas.
- B. Axis.
- C. 5th vertebra.
- D. 7th vertebra.

2-Which one of the following ligaments contributes in ligamentum nuchae ?

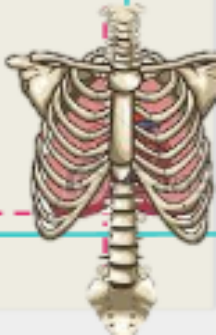
- A. Ligamentum flavum.
- B. Intertransverse ligament.
- C. Supraspinous ligament.
- D. Anterior longitudinal ligament.

3-Atlanto-axial joint is contributing with:

- A. Flexion of head.
- B. Extension of head.
- C. Lateral flexion of head.
- D. Lateral rotation of head.

4-Which one of the following is fibrocartilagenous joint ?

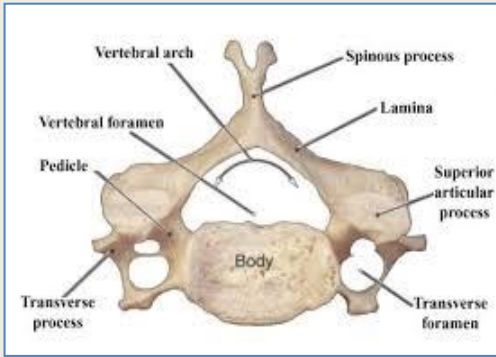
- A. Atlanto-occipital.
- B. Atlanto-axial.
- C. Between the vertebral bodies.
- D. Between the vertebral arches.



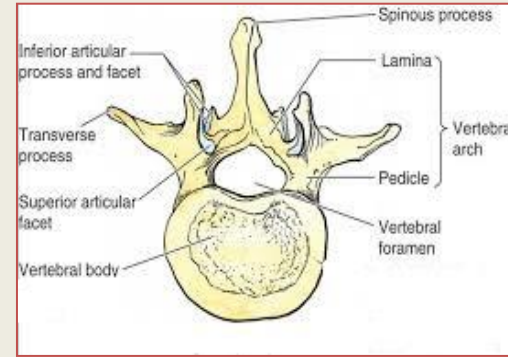
Summary

Pictures of the different types of vertebrae

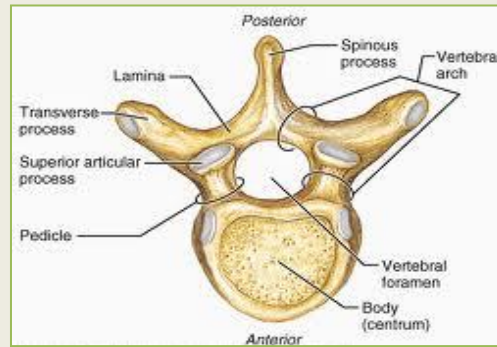
Lecture 4 Thoracolumbar Spine



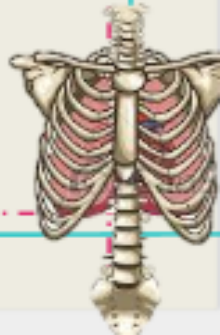
Cervical



Lumbar



Thoracic



Questions

Lecture 4 Thoracolumbar Spine

1. Which one of the following contributes in lordosis of the spine ?

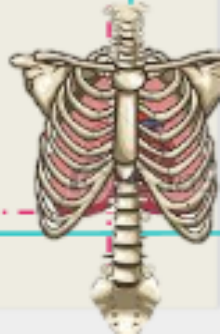
- A. Exaggerated cervical curvature.
- B. Exaggerated thoracic curvature.
- C. Exaggerated lumbar curvature.
- D. Lateral curvature.

2- Which one of the following ligaments connects the laminae of adjacent vertebrae ?

- A. Supraspinous.
- B. Interspinous.
- C. Intertransverse.
- D. Ligamentum flavum.

3. Which one of the following muscles specifically contributes in lateral flexion of lumbar spine ?

- A. Semispinalis.
- B. Quadratus lumborum.
- C. Psoas major.
- D. Rectus abdominis.



Summary

Lecture 5 Muscle of Back

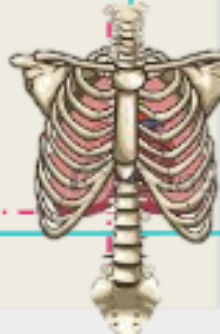
*BACK MUSCLES:

1. Deep group: attached to & moves **vertebral column**, supplied by **posterior rami of spinal nerves**.

2. Intermediate group: attached to & moves **ribs**, supplied by **anterior rami of spinal nerves**.

3. Superficial group:

- Origin: vertebral column.
- Insertion: scapula (EXCEPT **latissimus dorsi:** humerus).
- Action: moves scapula (EXCEPT **latissimus dorsi:** moves humerus).
- Nerve supply: anterior rami of spinal nerves through brachial plexus (EXCEPT **trapezius:** 11th cranial nerve).



Questions

Lecture 5 Muscle of Back

1-Which one of the following muscles of back that rotates the humerus medially ?

- A. Trapezius.
- B. **Latissimus dorsi.**
- C. Rhomboid major.
- D. Serratus posterior superior.

2-Regarding back muscles, which one of the following statements is correct?

- A. All back muscles are supplied by posterior rami of spinal nerves.
- B. Muscles of intermediate group move vertebral column.
- C. **Muscles of superficial group are involved in upper limb movements.**
- D. Muscles of deep group serve respiratory functions.

3-Which one of the following muscles is involved in movement of upper limb ?

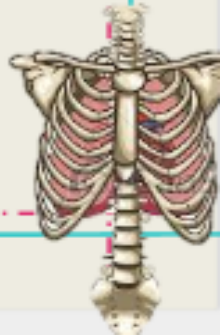
- A. Serratus posterior superior.
- B. Serratus posterior inferior.
- C. Erector spinae.
- D. **Trapezius.**

4-Which one of the following muscles connects the vertebral column to humerus?

- A. Levator scapulae.
- B. Trapezius.
- C. **Latissimus dorsi.**
- D. Rhomboid major.

5- Which one of the following muscles contributes in the boundaries of muscular triangle of back?

- A. Erector spinae.
- B. Serratus posterior superior.
- C. Serratus posterior inferior.
- D. **Latissimus dorsi**



Summary

***Muscles of the pectoral region are connecting the upper limb with anterior and lateral thoracic wall:**

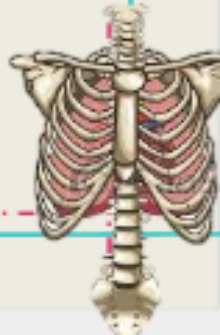
- Pectoralis major.
- Pectoralis minor.
- Subclavius.
- Serratus anterior.

***The axilla** is a pyramidal space situated between the upper part of arm and the side of the chest, it has 4 walls (anterior, posterior, medial and lateral), base, and apex.

***The axilla** is an important space as it transmits the neurovascular bundle from the neck and thorax to the upper limb.

It contains:

- Axillary vessels.
- Cords and branches of the brachial plexus.
- Axillary lymph nodes.



Questions

Lecture 7 Pectoral Region & Axilla

1- Which one of the following muscles performs adduction of the arm ?

- A. Pectoralis minor.
- B. Pectoralis major.
- C. Subclavius.
- D. Serratus anterior.

2- Serratus anterior is innervated by :

- A. Thoracodorsal nerve.
- B. Long thoracic nerve.
- C. Axillary nerve.
- D. Radial nerve.

3- Which one of the following muscles contributes in rotation of the scapula above the head?

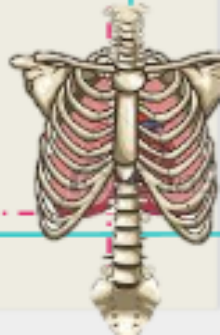
- A. Pectoralis major.
- B. Pectoralis minor.
- C. Serratus anterior.
- D. Teres major.

4- Which one of the following muscles forms the lateral wall of axilla ?

- A. Pectoralis major.
- B. Pectoralis minor.
- C. Serratus anterior.
- D. Biceps brachii.

5- Which stage of the brachial plexus lies in the axilla ?

- A. Roots.
- B. Divisions.
- C. Trunks.
- D. Cords.



Summary

Lecture 8

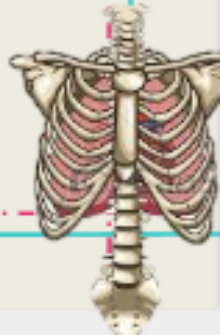
Axillary & Median Nerves

Axillary Nerve

- Origin: Posterior cord
- Spinal segments: C5, C6
- Function:**
 - Motor: Deltoid, teres minor
 - Sensory: Skin over upper lateral part of arm

Median Nerve

- Origin: Medial and lateral cords
- Spinal segments: (C5), C6 to T1
- Function:**
 - Motor: All muscles in the anterior compartment of the forearm (Except flexor carpi ulnaris and medial half of flexor digitorum profundus), three thenar muscles of the thumb and two lateral lumbrical muscles
 - Sensory: Skin over the palmar surface of the lateral three and one-half digits and over the lateral side of the palm and middle of the wrist



Questions

Lecture 10 Forearm

1-Which one of the following muscles contributes as powerful supinator of forearm?

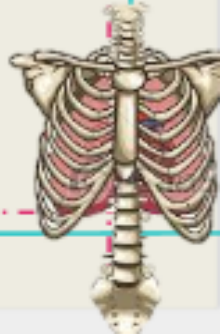
- a. Palmaris longus.
- b. Pronator teres.
- c. Biceps brachii.
- d. Supinator..

2- Which muscle is supplied by median nerve ?

- A. Anconeus.
- B. Brachioradialis.
- C. Extensor carpi radialis longus.
- D. Flexor digitorum superficialis.

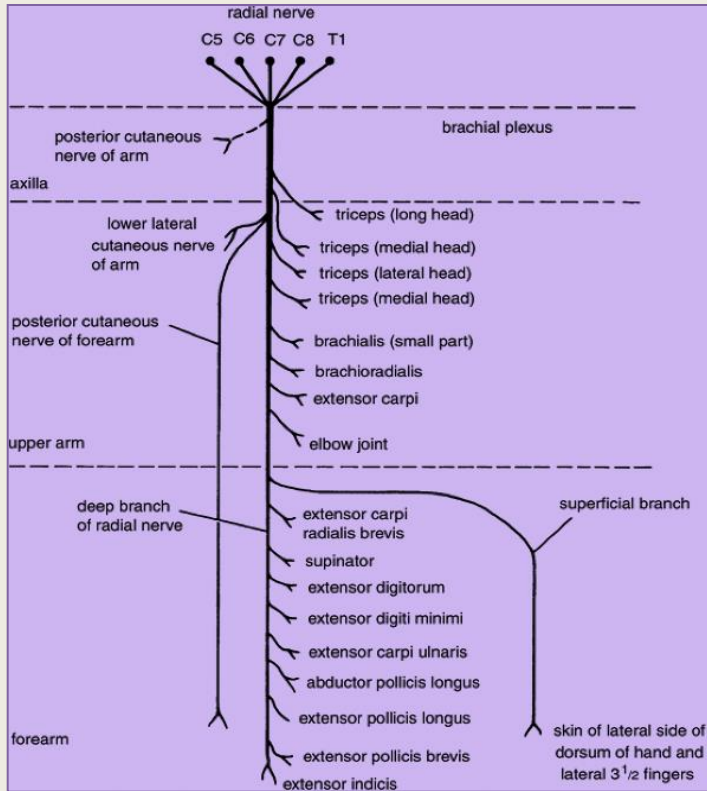
3- Which muscle is related to common flexor origin ?

- A. Flexor digitorum profundus.
- B. Flexor pollicis longus.
- C. Pronator quadratus.
- D. Pronator teres.

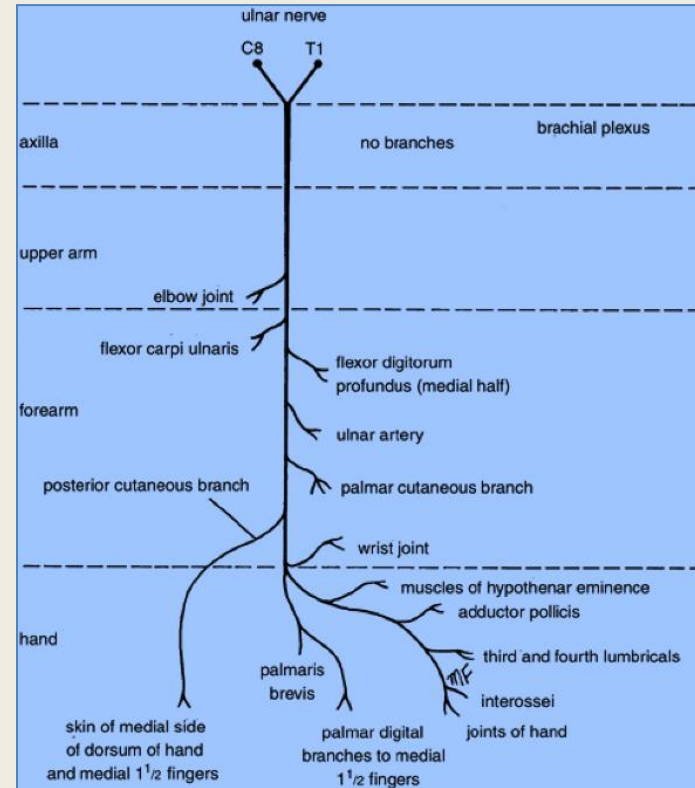


Summary

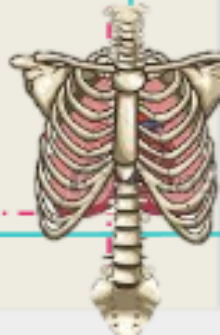
Lecture 12 Radial & Ulnar Nerves



Branches of Radial Nerve



Branches of Ulnar Nerve



Questions

Lecture 14 Gluteal Region & Back of Thigh

1- Which of the following is powerful lateral rotator of the thigh ?

- A. Gluteus minimus.
- B. Gluteus medius.
- C. Piriformis.
- D. Tensor fascia lata.

2- Which one of the following muscles gives attachment to iliotibial tract ?

- A. Biceps femoris.
- B. Adductor longus.
- C. Gluteus maximus.
- D. Gluteus medius.

3- Which one of the following is passing through greater sciatic foramen ?

- A. Tendon of obturator internus muscle.
- B. Sciatic nerve.
- C. Femoral nerve.
- D. Obturator nerve.

4- The action of hamstring muscles is :

- A. Flexion of hip joint.
- B. Extension of hip joint.
- C. Lateral rotation of hip joint.
- D. Extension of knee joint.

5- Hamstring muscles are not including :

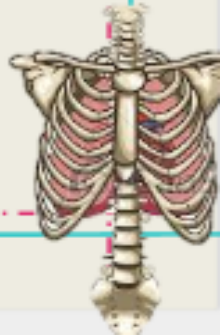
- A. Biceps femoris.
- B. Semitendinosus.
- C. Gracilis.
- D. Semimembranosus.

6- Abduction of hip joint is performed by :

- A. Gluteus maximus.
- B. Gluteus medius.
- C. Obturator internus.
- D. Piriformis.

7- Which one of the following muscles forms ligament at the back of knee joint ?

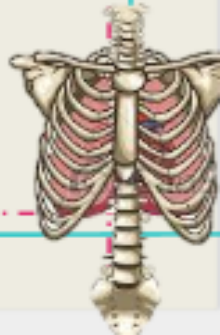
- A. Semitendinosus.
- B. Semimembranosus.
- C. Biceps femoris.
- D. Adductor magnus.



Summary

Lecture 18 Joints

- ✦ **Joint is** the site where two or more bones come together, whether movement occurs or not between them.
- ✦ **Joints are classified** according to the tissues that lie between the bones into **3 types**: fibrous, cartilaginous & synovial.
- ✦ **Synovial joints** are freely movable & characterized by the presence of : fibrous capsule, articular cartilage, synovial membrane & joint cavity containing synovial fluid.
- ✦ **Synovial joints are classified** according to the range of movement into: plane and axial.
- ✦ **Axial** are divided according to the number of axes of movements into: uniaxial, biaxial & polyaxial or multiaxial.
- ✦ **Stability of synovial joints** depends on: shape of articular surfaces, ligaments & muscle tone.
- ✦ **Joints have same nerve supply** as muscles moving them.



Questions

Lecture 18 Joints

1- Which of the following is a hinge synovial joint?

- A. Shoulder.
- B. Elbow.
- C. Sternoclavicular.
- D. Symphysis pubis.

2- Which of the following is a cartilaginous joint?

- A. Hip.
- B. Elbow.
- C. Sternoclavicular.
- D. Symphysis pubis.

3- Which of the following is a pivot synovial joint?

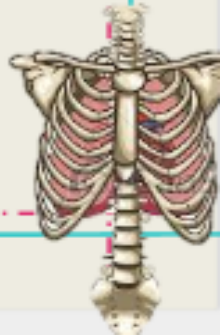
- A. Shoulder.
- B. Elbow.
- C. Sternoclavicular.
- D. Radioulnar

4- In the synovial joint :

- A. Articular surfaces are united by a plate of fibrocartilage.
- B. The synovial membrane is not vascular.
- C. Stability is not related to muscle tone.
- D. Movement is free.

5- The elbow joint:

- A. Is a fibrous joint.
- B. Is a secondary cartilaginous joint.
- C. Allows only flexion & extension.
- D. Is a synovial pivot joint.



Summary

✧ MUSCLES OF SHOULDER REGION:

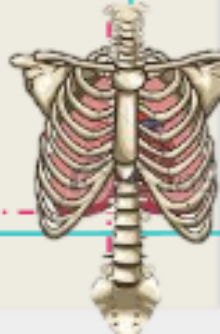
1. Origin: scapula.
2. Insertion: humerus.
3. Action: move humerus (**SHOULDER JOINT**)
4. Nerve supply: anterior rami of spinal nerves through brachial plexus.

✧ **ROTATOR CUFF**: 4 muscles in scapular region surround and help in stabilization of shoulder joint:

(supraspinatus, infraspinatus, teres minor, subscapularis).

✧ Shoulder joint:

1. Type: **synovial, ball & socket**
2. Articular surfaces: **head of humerus & glenoid cavity of scapula**
3. Stability: **depends on rotator cuff**
4. Relations: **rotator cuff and axillary nerve**
5. Movements: **flexion, extension, abduction, adduction, medial & lateral rotation**



Questions

Lecture 19 Shoulder Region

1- Which one of the following muscles is inserted into the lesser tuberosity of the humerus?

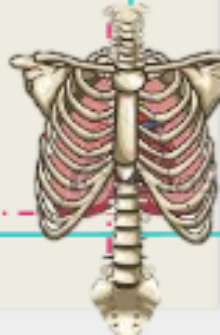
- A. Subscapularis
- B. Deltoid
- C. Teres major
- D. Infraspinatus

2- Which one of the following muscles is part of the rotator cuff?

- A. Subscapularis.
- B. Deltoid.
- C. Teres major.
- D. Rhomboid minor.

3- Regarding the shoulder joint, which one of the following statements is correct?

- A. It is a stable joint.
- B. It is a synovial joint of hinge variety.
- C. Latissimus dorsi muscle adducts shoulder joint.
- D. Downward dislocation of shoulder joint may cause injury to the radial nerve.



Questions

Lecture

Hip, knee & Ankle Joints

1- The muscle that extends the hip & flexes the knee joint is:

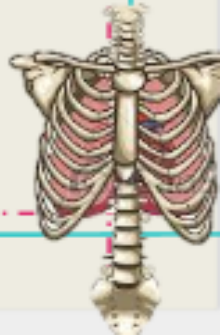
- A. Gluteus maximus.
- B. Quadriceps femoris.
- C. Sartorius.
- D. Semitendinosus.

2- The bursa that communicates with the synovial membrane of knee joint is:

- A. Suprapatellar.
- B. Prepatellar.
- C. Subcutaneous infrapatellar.
- D. Deep infrapatellar.

3- The muscle that dorsiflexes the ankle is:

- A. Flexor digitorum longus.
- B. Tibialis anterior.
- C. Peroneus brevis.
- D. Gastrocnemius.



GOOD
LUCK

