



EDO UNIVERSITY IYAMHO

**Department of Anatomy,  
Faculty of Basic Medical Science.**

**ANA 210: INTRODUCTION TO ANATOMY, GROSS ANATOMY OF THE UPPER LIMB AND LOWER LIMB**

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Lectures: Tuesday 11 am- 1pm, Friday 10 am ó 12pm LT 3, Phone; (+234) 8068259663  
Office hours; Monday, Thursday 12pm- 2pm, Office: Faculty building floor 2.

**General overview of lecture:** The course intend to introduce Anatomy: definition of Anatomy, approaches to the study of Anatomy, Anatomical terminologies, an overview of anatomical planes, anatomical position and details on terms of anatomical movements. Introduction to gross anatomy of the upper limb, osteology of the upper limb, joints of the upper limb, pectoral region, breast, rotator cuff muscles, an overview on brachial plexus and upper limb innervation, muscles of the arm and forearm, Cubital fossa, anatomy of the hand and vessels (blood supply) of the upper limb. Osteology of the lower limb, femoral triangle, thigh, gluteal region, popliteal fossa, hip joint, knee joint, ankle joint, Leg (anterior and lateral compartment), leg (Posterior compartment), Arches and Sole of the foot.

**Learning outcomes:** At the completion of this course, each student should be able to:

- I. Give a concise introduction to anatomy, role of anatomy in medical science and approaches of studying anatomy.
- II. Describe the osteology of the upper limb, with knowledge on the structure of Clavicle, Scapula, Humerus, Ulna, Radius and Carpal bones.
- III. Describe brachial plexus with Diagrammatic illustration
- IV. List and discuss the various joints of upper limb
- V. Understand cubital fossa and its clinical correlations.
- VI. List and discuss muscles of arm and forearm with emphasis on their origin and insertion.
- VII. Describe the blood supply and lymphatic drainage of upper limb.
- VIII. Describe femoral triangle and its content
- IX. Describe the inguinal canal
- X. Discuss the anatomy of popliteal fossa, hip joint and knee joint

**Assignments:** for this course, we are expected to have three assignments, in addition to a mid-term test and examination. The assignment can be in form of individual assignment and group assignment presentation.

**Grading:** The grading for student performance for this course will be: 10% for individual assignment, 10% for group assignment, 10% for midterm test and 70 % for examination. The examination will include multiple choice questions (MCQ) and essay.

**Textbook:** The recommended textbook for this class are as stated

Title: clinically oriented Anatomy

Authors: Keith L. Moore, Arthur F Dalley and Anne M.R Agur.

Publisher: Lippincott William and Wilkins

Year: 2006

Title: Clinical Anatomy by regions

Author: Richard Snell MD PhD

Publisher: Lippincott Williams and Wilkins

Year: 2012

ISBN: 978-1-609-13-446-4

Title: Last Anatomy (Applied and Regional)

Author: Chummy Sinnatamby

Publisher: Churchill Livingstone

Year: 2006

ISBN: 10: 00443 100330

**COURSEWARE: - ANA 210: INTRODUCTION TO ANATOMY, GROSS ANATOMY OF THE UPPER LIMB AND LOWER LIMB**

**Week 1:** Introduction to Anatomy /Introduction to Upper Limb

**Week 2:** Osteology of Upper Limb

**Week 3:** Joints of Upper limb: (Acromioclavicular, Sternoclavicular, Shoulder, Elbow and Wrist joints)

**Week 4:** Brachial Plexus

**Week 5:** Arm (Muscles of the arm)

**Week 6:** Forearm: (Cubital fossa, flexor compartment, Carpal tunnel, Palmar Aponeurosis & Extensor compartment)

**Week 7:** Anatomy of the hand: Intrinsic muscles & Palmar Spaces Anatomical snuff box.

**Week 8:** Blood supply and lymphatic drainage of the upper limb

**Week 9:** Osteology of lower limb (Femur, Tibia and Fibular)

**Week 10:** Femoral region (femoral triangle, canal and hernia)  
Gluteal region

**Week 11:** Thigh (Anterior and medial compartment, Hamstring compartment and popliteal fossa)

**Week 12:** knee joint, hip joint , Leg (anterior and lateral compartment)

**Week 13:** Leg (Posterior compartment and Arches and Sole of the foot)

**Week 14:** Revision

