*Upper extremity*

Bone, joints & ligaments

* Sternoclavicular joints & ligaments
* 1st rib
* Clavicle
* Acromioclavicular joint & ligaments
* Coracoacromial ligament
* Trapezoid ligament
* Conoid ligament
* Scapula
  + Glenoid cavity
  + Spine
  + Borders & angles
  + Supraspinatus & infraspinatus fossas
  + Acromion
* Humerus
  + Head, neck & shaft
  + Greater tuberosity
  + Bicipital groove
  + Lesser tuberosity
  + Lateral & medial epicondyle
  + Trochlea & Capitulum
* Glenoid labrum
* Glenohumeral ligaments
* Transverse humeral igaments
* Radius
  + Radial head & Annular ligament
  + Radial tuberosity
  + Radial styloid process
* Ulna
  + Olecranon
  + Trochlear notch
  + Ulna tuberosity
  + Ulnar styloid process
* Lateral collateral ligament of the elbow
* Medial collateral ligament of the elbow
* Carpal bones: trapezium, trapezoid, capitate, hamate, scaphoid, lunate, triquetrum, pisiform
* Triangular fibrocartilaginous complex (TFCC)
* Metacarpals
* Phalanges

Muscles

* Pectoralis major
* Pectoralis minor
* Latissiumus dorsi
* Latissimus dorsi & pect major attachments attachment (‘’miss between the 2 majors’’)
* Serratus anterior
* Trapezius (upper, middle, lower)
* Rhomboids major and minor
* Levator scapula
* Deltoid
* Supraspinatus
* Infraspinatus
* Teres minor
* Teres major
* Subscapularis
* Coracobrachialis
* Brachialis
* Biceps brachii (long & short head)
* Triceps brachii (3 heads)
* Supinator
* Pronator teres & quadratus
* Common flexors tendon
* Flexor carpi radialis
* Palmaris longus
* Flexor carpi ulnaris
* Flexor digitorum superficialis
* Flexor digitorum profondus
* Flexor pollicis longus
* Brachioradialis
* Common extensors tendon
* Extensor carpi radialis longus
* Extensor carpi radialis brevis
* Extensor digitorum
* Extensor carpi ulnaris
* Extensor digiti minimi
* Extensor indicis
* Anatomical snuff box : abductor pollicis longus, extensor pollicis brevis, extensor pollicis longus
* Structures passing thru carpal tunnel
* Flexor tendon attachments in fingers
* Extensor tendon attachment in fingers
* Pulley system

Muscles con’t

* Muscles of hand
  + Thenar muscles
  + Hypothenar muscles
  + Interossei
  + Lumbricals

Nerves

* Brachial Plexus
* Axillary nerve
* Suprascapular nerve
* Long thoracic nerve
* Thoracodorsal nerve
* Ulnar nerve at the elbow and wrist
* Radial nerve at elbow (superficial and deep branches)
* Median nerve at the elbow and wrist

Arteries

* Axillary artery & branches
* Brachial artery (at elbow notice TAN: tendon, artery, nerve from lateral to medial)
* Ulnar artery
* Radial artery

*BACK & abdomen*

Bone, joints, ligaments

* Structures of the cervical vertebra
* Structures of the thoracic vertebra
* Structures of the lumbar vertebra
* Disc (annulus fibrosus & nucleus pulposus)
* Zygapophyseal joints (Z-joints)
* Spinal canal

Muscles

* Erector spinae
* Rectus abdominus
* External oblique
* Internal oblique
* Multifidus
* Tranverse abdominus

*Lower extremity*

Bone, joints & ligaments

* Pelvis
  + Body of ilium
  + Iliac crest
  + ASIS
  + AIIS
  + PSIS
  + Ischiopubic ramus
  + Ischial tuberosity
  + Pubic symphysis
  + Superior and inferior rami of pubis
  + Obturator foramen
  + Acetabulum
* Sacroiliac joints
* Femur
  + Head, neck & shaft
  + Greater trochanter
  + Lesser trochanter
  + Medial & lateral condyle
  + Medial & lateral epicondyle
  + Adductor tubercle
* Hip ligaments: iliofemoral, pubofemoral, ischiofemoral
* Ligament of head of the femur
* Medial collateral ligament of knee
* Lateral collateral ligament of the knee
* Anterior cruciate ligament
* Posterior cruciate ligament
* Medial & lateral meniscus
* Patella
* Tibia
  + Medial and lateral condyles
  + Tibial plateau (medial & lateral)
  + Tibial tuberosity
  + Medial malleolus
* Fibula
  + Head of the fibula
  + Lateral malleolus
* Superior tibiofibular joint & ligaments
* Inferior tibiofibular joint & ligaments
* Deltoid ligament at ankle
  + Anterior & posterior tibiotalar lig
  + Tibionavicular lig
  + Tibiocalcaneal lig
* Lateral ligament at ankle
  + Anterior talofibular lig
  + Calcaneofibular lig
  + Posterior talofibular lig
* Plantar calcaneo-navicular ligament (spring)
* Plantar fascia
* Bones of the foot: talus (body, head & neck), calcaneus, navicular, cuboid, medial + intermediate + lateral cuneiforms
* Metatarsal bones
* Phalanges

Muscles

* Iliopsoas
* Pectineus
* Adductor longus
* Adductor brevis
* Adductor magnus
* Gracilis
* Sartorius
* Obturator externus
* Quadriceps & attachments
* Gluteus maximus
* Gluteus medius
* Gluteus minimus
* Tensor fascia lata & iliotibial band
* Piriformis
* Obturator internus
* Superior and inferior gemelli
* Quadratus femoris
* Hamstrings & attachments
* Pes anserine : sartorius, gracilis, semitendinosus
* Popliteus muscle
* Gastrocnemius
* Soleus
* Plantaris
* Tibialis posterior
* Flexor digitorum
* Flexor hallucis longus
* Tibialis anterior
* Extensor digitorum
* Extensor hallucis longus
* Fibularis tertius
* Fibularis longus
* Fibularis brevis

Muscles con’t

* Lateral view of ankle: fibularis longus and brevis tendon
* Medial view of the ankle: tibialis posterior, flexor digitorum longus, posterior tibial artery, tibial nerve, flexor hallucis longus
* Extensor digitorum brevis
* Muscles of the foot
  + Abductor hallucis
  + Flexor digitorum brevis
  + Abductor digiti minimi
  + Lumbricals
  + Flexor hallucis brevis
  + Adductor hallucis
  + Flexor digiti minimi brevis
  + Plantar interossei
  + Dorsal interossei

Nerves

* Superior and inferior gluteal nerves
* Sciatic nerve in buttock
* Femoral nerve (femoral triangle: nerve, artery, vein from lateral to medial)
* Tibial nerve (posterior knee: nerve, vein, artery from lateral to medial)
* Common fibular nerve (superficial & deep branch)
* Medial plantar nerve
* Lateral plantar nerve

Arteries

* Femoral artery (see above femoral triangle)
* Popliteal artery
* Anterior tibial artery
* Posterior tibial artery (see above medial view of ankle)
* Fibular artery
* Dorsalis pedis artery