

Arm & Cubital Fossa

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Anatomy Guy

Major Dissection Objectives – Anterior Compartment

1. Maintain the superficial veins but work the fascia of the brachium off the anterior compartment noting the intermuscular septae
2. Clean and identify the three muscle of the anterior arm and their attachments
3. Mobilize the contents of the brachial fascia as it extends from the axillary fascia to the elbow noting the median, ulnar and medial brachial and medial antebrachial cutaneous nerves
4. Follow the musculocutaneous nerve as it passes through the coracobrachialis and between the biceps and brachialis noting motor branches and the lateral antebrachial cutaneous nerve

Major Dissection Objectives – Cubital Fossa & Posterior Compartment

6. Mobilize the cubital fossa veins and review the boundaries
7. Clean the biceps tendon and reflect the aponeurosis
8. Locate the contents of the fossa including the bifurcation of the brachial artery, median nerve and floor muscles
9. Have a partner elevate the arm to dissect posteriorly and remove the skin and fascia
10. Locate the three heads of the triceps and their attachments
11. Locate the profunda brachii artery and radial nerve at the triangular interval and between the brachialis and brachioradialis muscles

Pearls & Problems

- Don't 1. Cut the biceps muscle just mobilize it
- Do 2. Follow the cords and tubes from known to unknown as you clean them
- Do 3. Remove the duplicated deep veins but save the unpaired superficial veins
- Do 4. Follow the radial nerve to the spiral groove and palpate it rather than cutting the triceps muscle
- Don't 5. Try to save cutaneous nerve branches with a small bit of skin around it

- Maintain the superficial veins but work the fascia of the brachium off the anterior compartment noting the intermuscular septae



- Clean and identify the three muscle of the anterior arm and their attachments



coracobrachialis Biceps brachii short & long head Brachialis

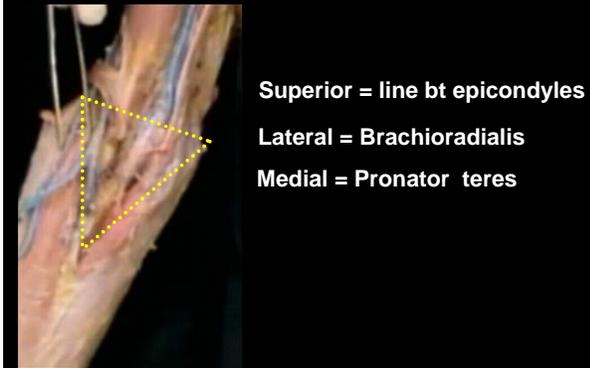
- Mobilize the contents of the brachial fascia as it extends from the axillary fascia to the elbow noting the median, ulnar and medial brachial and medial antebrachial cutaneous nerves



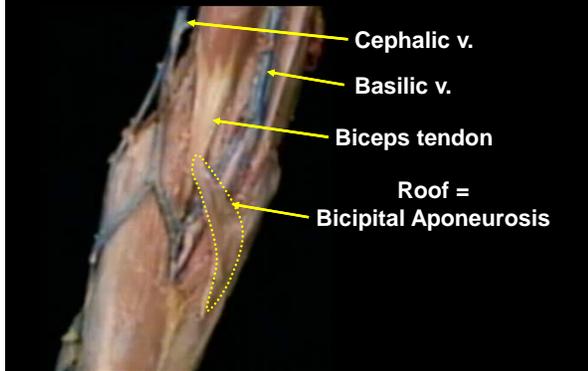
- Follow the musculocutaneous nerve as it passes through the coracobrachialis and between the biceps and brachialis noting motor branches and the lateral antebrachial cutaneous nerve



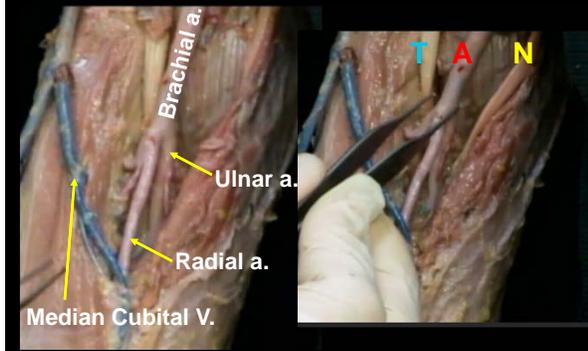
- Mobilize the cubital fossa veins and review the boundaries



- Clean the biceps tendon and reflect the aponeurosis



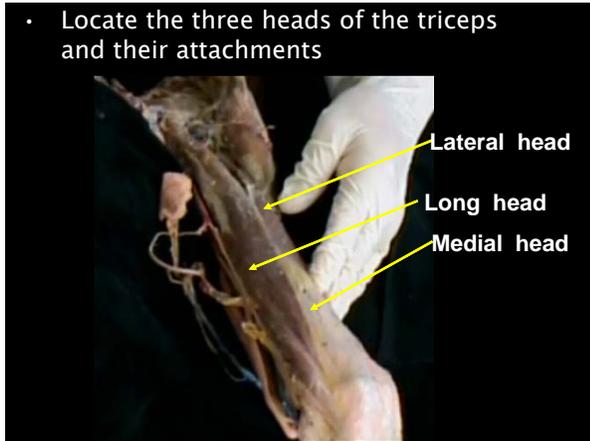
- Locate the contents of the fossa including the bifurcation of the brachial artery, median nerve and floor muscles



- Have a partner elevate the arm to dissect posteriorly and remove the skin and fascia



- Locate the three heads of the triceps and their attachments



- Locate the profunda brachii artery and radial nerve at the triangular interval and between the brachialis and brachioradialis muscles

