



RASHIDA IQBAL FINANCIAL AID

ORGANIZATION

1ST YEAR ANATOMY GUIDELINES FOR 1ST BLOCK

RIFAO GUIDELINES FOR GROSS ANATOMY

Recommended books: BD and KLM

- Bones are important for viva and ospe ,not for written tests.
- Attachments of clavicle.
- Lymphatic drainage of breast(v.v.v.imp).
- Blood supply and nerve supply of breast.
- Clinicals of breast.
- Axillary artery and Axillary lymph nodes.
- Brachial plexus(everything related to it is important for both MCQs and SEQs).
- Erbs and Klumpkes Paralysis
- Triangle of auscultation and Lumbar triangle of Petit(boundaries and their clinical significance).
- Musclotendinous Cuff and its significance.
- Intermuscular spaces (boundaries and contents).
- Anastomsis around scapula.
- Muscles attaching pectoral girdle to Upper Limb.(Their detail)
- Dermatomes and Cutaneous Nerve supply of Upper Limb.
- Venous And Lymphatic drainage of Upper Limb.(from KLM).
- Cubital fossa(boundaries and Contents).

- Brachial artery
- Anastomoses around the elbow joint.
- Radial nerve
- Injuries related to radial nerve.
- Spaces of hand.
- Carpal tunnel syndrome.
- Palmar aponeurosis.
- Flexor retinaculum.
- Extensor Retinaculum.
- Anatomical snuff box(boundaries and Contents).
- Do everything related with shoulder and elbow joint.
- Supination and Pronation(axis and Muscles).
- Any artery and nerve can be asked(course , relations and area of supply).
- Muscles of whole region can be asked(attachments, nerve supply and actions).

Remember RIFAO team in your prayers.

Regards:

Haris Murtaza

Old campus Secretary

RIFAO



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RAWALPINDI MEDICAL UNIVERSITY