



RASHIDA IQBAL FINANCIAL
AID ORGANIZATION

GUIDELINES OF ANATOMY FOR 1ST
YR PROFESSIONAL EXAMS

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ANATOMY

IMPORTANT QUESTIONS AND TOPICS FOR MBBS 1ST PROFESSIONAL PART-I (ANATOMY)

GROSS ANATOMY :-

UPPER LIMB :-

- DRAWING:
CUTANEOUS INNERVATION,
BRACHIAL PLEXUS,
DERMATOMES,
ANA AROUND SCAPULA,
ANA ARUND ELBOW,
PALMAR ARCHES.
- AXILLA BOUNDARIES AND CONTENTS
- MOVEMENTS OF SCAPULA (V.IMP)
- ALL NERVE INJURIES
- CARPAL TUNNEL SYNDROME
- MUSCLES FOR PRONATION AND SUPINATION
- LYMPHATIC DRAINAGE OF BREAST
- CUBITAL FOSSA

- SUPERFICIAL AND DEEP PALMAR ARCHES
- VENOUS N LYMPHATIC DRAINAGE (AIK TU MUST AATI HAI)
- DINNER FORK DEFORMITY
- ATTACHMENTS OF FLEXOR RETINACULUM AND CONTENTS IN AN ORDER PASSING BENEATH IT EXTENSOR RETINACULUM (COMPARTMENTS AND CONTENTS)

PS: MUSCLES OF ANY REGION CAN BE ASKED (THEIR ORIGIN INSERTION NERVE SUPPLY AND ACTION IN A TABULATED FORM)

LOWER LIMB :-

- DRAWING :
CUTANEOUS INNERVATION
LUMBAR PLEXUS,
DERMATOMES,
ANASTOMOSIS AROUND KNEE.
ANA AROUND HIP
- FEMORAL TRIANGLE(BOUNDARIES AND CONTENTS)
- FEMORAL CANAL (BOUNDARIES) [BETTER PREPARE THE DIGRAM FROM BD]
- ADDUCTOR CANAL
- ENUMERATING LIGAMENTS OF KNEE JOINT
- ANTERIOR AND POSTERIOR DRAWER'S SIGN
- MOVEMENTS OF HIP +MUSCLES
- MOVEMENTS OF KNEE AND MUSCLES
- MUSCLES FOR INVERSION/EVERSION DORSIFLEXION/PLANTAR FLEXION
- ALL NERVE INJURIES
- DORSALIS PEDIS ARTERY ARCHES (MORE IMP IN VIVA)
- VENOUS N LYMPHATIC DRAINAGE (AIK TU MUST AATI HAI)
- FRACTURE OF HEAD OF FEMUR N NECROSIS POPLITEAL FOSSA

PS: MUSCLES OF ANY REGION CAN BE ASKED (THEIR ORIGIN INSERTION NERVE SUPPLY AND ACTION IN A TABULATED FORM)

DO STUDY CLINICAL SCENARIOS BD K END PE APPENDIX MAIN (REPEAT HOTE HAIN) !! AND THE MCQS TOO

THORAX :-

- ANY MEDIASTINUM BOUNDARIES AND CONTENTS .
- LUNGS BRONCHOPULMUNARY SEGMENTS DRAW..NAME...WHICH AFFECTED WHEN .
- ASPIRATION OF FOREIGN BODIES .
- MEDIASTINAL SHIFT .
- DRAWING AZYGIOUS VENOUS SYSTEM .
- DRAWING CARDIAC PLEXUS N THORACIC DUCT
- DIAPHRAGM OPENINGS N STRUCTURES PASSING .
- RT ATRIUM PE NOTE ATA HAI .
- INTERCOSTAL NERVE COURSE .
- OESOPHAGUS CONSTRICTIONS N WHY ARE THEY PRESENT (FOR MCQS N SEQS) .
- VAGUS N PHRENIC NERVE (COURSE N RELATIONS) .
- CARINA AND ITS SIGNIFICANCE .
- BLOOD SUPPLY OF HEART N WHICH BLOOD VESSEL SUPPLYING THE HEART IS MOST COMMONLY BLOCKED N THE ORDER FROM MOST COMMONLY BLOCKED TO LEAST COMMONLY BLOCKED
- THORACOCENTESIS V V IMP .
- DRAWING ROOT OF LUNG .
- FUNNEL N PIGEON CHEST .
- CHEST TUBE/ THORACOCENTESIS / PLEURAL TAP
- TETRALOGY OF FALLOT

* THE CLINICALS , SCENARIOS AND MCQS FROM BD (APPENDIX THAT IS) MUST BE READ ATLEAST ONCE THEY APPEAR IN EXAM .. N ARE REPEATED.

HISTOLOGY :-

- ALL THE DIAGRAMS ARE IMPORTANT AND CAN BE ASKED ,PREPARE THEM WELL
- PREPARE CONNECTIVE TISSUE,BONE , CARTILAGE ,BLOOD VESSELS AND EPITHELIUM REALLY WELL (MOST OF THE MCQS AND SEQ ARE FROM THESE TOPICS) JUST GIVE A READING TO THE REST

EMBRYOLOGY :-

- DO THIS FROM LANGMAN , ANY *DAY* , WEEK , MONTH CAN BE ASKED
- CLINICALS ARE REALLY IMPORTANT DO SPINA BIFIDA IN DETAIL IT IS IN SUBSEQUENT CHAPTERS, DO CHAPTER 8 REALLY REALLY WELL *DO ALL THE SCENARIOS AT THE END OF EACH CHAPTER ... THEY ARE REPEATED

GENERAL ANATOMY :-

- DO THIS FROM LAIQ HUSSAIN .. A REALLY SHORT BOOK THAT U CAN GO THROUGH IN A MAX OF 4-5 HOURS EVEN IF YARE DOING IT FOR THE VERY FIRST TIME
- SOME QUESTIONS ARE REALLY IMPORTANT AND SINCE THERE IS ONLY 1 SEQ FROM THIS PORTION SO THEY ARE REPEATED THEY INCLUDE
 - 1-BLOOD SUPPLY OF LONG BONES
 - 2-CLASSIFICATION OF JOINTS AND THEIR EXAMPLES

JAZZAKALLAH UL KHAIR FOR ALL YOUR SUPPORT AND TRUST DONATE GENEROUSLY ... HELP THE ONES WHO NEED IT THE MOST WE WILL BE HAPPY TO SERVE YOU ALL IN FUTURE DO REMEMBER EVERYONE IN YOUR PRAYERS