

ANATOMY TERMINOLOGY

Terms match labels for system illustrations on the QuickStudy® Anatomy guide

TERM ABBREVIATIONS

a. = artery a.a. = arteries

ex. = extensor
fl. = flexor

L. = Left
l.i. = large intestine

l. = ligament
l.l. = ligaments

m. = muscle
m.m. = muscles

n. = nerve
n.n. = nerves

R. = Right
s.i. = small intestine

v. = vein
v.v. = veins

SKELETAL SYSTEM

Bold italic = bone features

acetabulum (socket): Bowl-like cavity on hip bone

acromion: Continuation of spine of shoulder blade

anterior superior iliac spine: Sharp projection at anterior end of iliac crest

bicipital groove: Groove through which biceps brachii tendon runs

calcaneus: Heel bone

capitulum: Rounded projection on lower end of humerus

carpals: Cluster of wrist bones

1. **scaphoid**: Largest proximal wrist bone

2. **lunate**: Crescent-shaped proximal wrist bone

3. **triquetral**: Pyramidal, ulnar-side proximal wrist bone

4. **pisiform**: Small, pea-shaped wrist bone

5. **trapezium**: Distal wrist bone between scaphoid, 1st metacarpal

6. **trapezoid**: Smallest bone in distal row

7. **capitate**: Largest wrist bone

8. **hamate**: Wedge-shaped wrist bone

cervical vertebrae (I–VII): 7 vertebrae of the neck

clavicle: Collarbone

coccyx: Tailbone

coracoid process: Beak-shaped projection on shoulder blade

coronoid process: Projection on upper end of ulna

costal cartilage: Cartilage of the ribs, sternum

cuboid: Large, outermost distal tarsal bone

cuneiforms: 3 wedge-shaped tarsal bones

descending ramus of pubis: Thin, flat lower portion of pubic bone

femur: Thigh bone

fibula: Calf bone

frontal: Forehead bone

greater trochanter: Projection on the upper, outer end of the thigh bone

greater tubercle: Small projection on the upper, outer end of the humerus

head of femur: Highest part of the thigh bone

humerus: Longest bone of upper arm

hyoid: U-shaped bone at base of tongue

iliac crest: Upper margin of the ilium

ilium: Uppermost, largest pelvic bone

ischial spine: Projection on back of lower hip bone

ischium: Lower, back part of hip bone

lateral condyle of femur: Projection on lower, outer part of thigh bone

lateral condyle of tibia: Projection on upper, outer part of shinbone

lateral epicondyle of femur: Projection above lateral condyle of femur

lateral epicondyle of humerus: Projection on lower, outer part of humerus

lateral malleolus: Lower part of the fibula at the ankle

lesser sciatic notch: Small notch below the ischial spine

lesser trochanter: Small projection of the thigh bone

lesser tubercle: Small projection on the upper anterior end of the humerus

lumbar vertebrae (I–V): 5 vertebrae of the lower back

mandible: Lower jawbone

manubrium: Uppermost part of the breastbone

medial condyle of femur: Projection on lower, inner part of thigh bone

medial condyle of tibia: Projection on upper, inner part of shinbone

medial epicondyle of femur: Projection above medial condyle of femur

medial epicondyle of humerus: Projection on lower, inner part of humerus

medial malleolus: Pyramid-shaped part of tibia at the ankle

medial sacral crest: Jagged, bony ridge on upper surface of sacrum

metacarpals: 5 bones of hand between wrist, finger bones

metatarsals: 5 bones of foot between ankle, toe bones

navicular: Hollow, boat-shaped tarsal bone

neck of femur: Narrow process connecting parts of the thigh bone

obturator foramen: Opening between ischium, pubis bones

occipital: Cranial bone forming lower posterior part of skull

olecranon: Bony prominence of the elbow

parietal: Cranial bone forming top, sides of skull

patella: Kneecap

phalanges: Bones of fingers or toes

posterior inferior iliac spine: Projection on posterior margin of ilium

posterior superior iliac spine: Sharp projection at posterior end of iliac crest

pubic symphysis: Middle junction of pubic bones

pubic tubercle: Rounded projection of bone on pubic crest

pubis: Pubic bone

radius: Thumb-side forearm bone

ribs: 12 pairs of bones forming the chest

sacroiliac joint: Joint between sacrum, ilium

sacrum: Triangular bone of 5 fused vertebrae

scapula: Shoulder blade

spine of scapula: Ridge of bone on shoulder blade

sternum: Breastbone

talus: Anklebone

temporal: Bone at sides of skull; has 4 parts: squamous, petrous, tympanic, mastoid process

thoracic vertebrae (I–XII): 12 vertebrae that connect with the ribs

tibia: Shinbone

trochlea: Pulley between humerus, ulna

tuberosity: Rounded projection on inner side of radius

ulna: Little-finger-side forearm bone

xiphoid process: Small, sword-shaped projection of cartilage at lowest part of sternum

zygomatic: Cheekbone

VERTEBRAL COLUMN

atlas vertebra: 1st cervical vertebra

auricular surface (for ilium): Ear-shaped surface of upper pelvic bone

axis vertebra: 2nd cervical vertebra, around which atlas rotates

body: Weight-supporting portion of vertebrae

cervical vertebrae (I–VII): 7 vertebrae of the neck

coccyx (coccygeal vertebrae): Tailbone; made up of 3–5 fused vertebrae

costal facet: Surface of thoracic vertebrae where ribs attach

inferior articulating process: Downward-projecting bone plate that joins vertebrae

intervertebral disc: Fibrous, cartilaginous tissue between vertebral bodies

BONE STRUCTURE

canaliculi: Hairlike channels connecting lacunae

cancellous bone: Mesh-like, spongy bone

circumferential lamellae: Lamellae arranged parallel to surface of bone or along marrow cavity

compact bone: Hard, dense bone

concentric lamellae: Cylindrical layers surrounding a haversian system

diaphysis: Shaft of long bone

distal epiphysis: End of long bone farthest away from center of the body

endosteum: Membrane lining of inner marrow cavity

epiphyseal lines: Lines marking areas of longitudinal growth

epiphysis: End of a long bone that unites to main bone later through ossification

femur: Thigh bone

fovea capitis: Ligament attachment site

greater trochanter: Projection on the upper, outer end of the thigh bone

head of femur: Highest part of the thigh bone

inner layer: Interior layer of periosteum

interstitial lamellae: Bony plates filling space between haversian systems

SKULL

Bold italic = bone features

acoustic (external auditory) meatus: Passageway of external ear to eardrum

coronal suture: Junction of parietal, frontal bones

ethmoid: Spongy bone above nose between orbits

frontal: Forehead bone

infraorbital foramen: Opening for infraorbital nerve, artery passage

lacrimal: Thin bone of each orbit's inner wall

lambda suture: Junction of parietal, occipital bones

mandible: Lower jawbone

mastoid process: Cone-shaped projection of bone behind ear

maxilla: Upper jawbone

mental foramen: Opening on lower jawbone for passage of mental nerve, vessels

nasal: 2 small, oblong bones forming bridge of the nose

nasal conchae: Scroll-like bones of the nasal cavity

occipital: Cranial bone forming lower posterior part of skull

parietal: Cranial bone forming top, sides of skull

squamous suture: Junction of temporal, parietal bones

styloid process: Projection of the temporal bone

supraorbital foramen: Opening above eye socket for supraorbital nerve, artery passage

temporal: Bone at sides of skull; has 4 parts: squamous, petrous, tympanic, mastoid process

vomer: Plow-shaped bone of nasal septum

wing of sphenoid: Winglike expansion of sphenoid bone

zygomatic: Cheekbone

zygomatic arch: Arch of cheekbone

intervertebral foramen: Opening between vertebrae for passage of nerves

lumbar vertebrae (I–V): 5 vertebrae of the lower back

pedicle: Short, bony process on each side of neural arch

promontory: Prominence on the sacrum where it joins with the vertebrae

sacrum: Triangular bone of 5 fused vertebrae

spinous process: Backward, downward prominence of each vertebra

superior articulating process: Upward-projecting bone plate that joins vertebrae

thoracic vertebrae (I–XII): 12 vertebrae that connect with the ribs

transverse costal facet: Surface of thoracic vertebrae where ribs attach

transverse process: Bony protrusion on each side of a vertebra

vertebra prominens: 7th, most prominent cervical vertebra

lacunae: Small spaces occupied by osteocytes

lateral condyle of femur: Projection on lower, outer part of thigh bone

lateral epicondyle of femur: Projection above lateral condyle of femur

medullary cavity: Marrow-filled space within bone

neck of femur: Narrow process connecting parts of the thigh bone

nutrient a.: Vessel supplying medullary cavity of bone

nutrient foramen: Opening for passage of blood vessels

osteon (haversian system): Structural unit of compact bone

outer layer: Exterior layer of periosteum

patellar groove: Smooth depression on lower end of thigh bone

perforating (Sharpey's) fibers: Strong connective fibers of the periosteum

periosteum: Fibrous membrane that covers bones

proximal epiphysis: End of long bone closest to center of the body

proximal secondary epiphysis: Epiphysis at secondary ossification center

trabeculae: Porous bony tissue

vein: Vessel that carries blood toward heart

Volkmann's canal (perforating holes): Small channels connecting haversian canals, periosteum

yellow marrow: Connective tissue containing mostly fat cells

VERTEBRAE & NERVE STRUCTURE

accessory process: Projection of transverse process

arachnoid matter: Thin membrane between dura, pia mater

body: Weight-supporting portion of vertebrae

dorsal root: Spinal nerve root consisting of sensory fibers

dura mater: Fibrous connective tissue surrounding spinal cord

gray and white rami communicantes: Branches of nerve fibers

gray matter: Nerve tissue

inferior articular facet: Smooth area on inferior process

inferior articular process: Downward-projecting bone plate that joins vertebrae

intervertebral disc: Fibrous, cartilaginous tissue between vertebral bodies

lamina: Flattened part of vertebral arch

mammillary process: Projection of vertebral bone

motor n. fibers: Nerve fibers that transmit impulses

n. fibers: Elongated processes of nerve cells

pedicle: Short, bony process on each side of neural arch

pia mater: Thin membrane surrounding spinal cord

sensory ganglion: Mass of nerve cell bodies

spinous process: Backward, downward prominence of each vertebra

superior articular facet: Smooth area on superior process

superior articular process: Upward-projecting bone plate that joins vertebrae

superior vertebral notch: Concave narrowing on upper surface of vertebrae

sympathetic ganglion: Mass of nerve cell bodies

sympathetic trunk: Cord of ganglia alongside spinal column

synapse: Junction between nerve cells across which nerve impulses pass

transverse process: Bony protrusion on each side of a vertebra

ventral root: Spinal nerve root consisting of motor fibers

vertebral body (centrum): Weight-supporting portion of vertebrae

vertebral foramen: Opening for passage of spinal cord

white matter (motor, sensory): Nerve tissue

LYMPHATIC NETWORK

axillary lymph nodes: Lymph nodes of the armpit
brachiocephalic v.: Upper chest vein; formed by union of subclavian, internal jugular veins
cervical lymph nodes: Lymph nodes of the neck
cisterna chyli: Dilated sacs marking start of thoracic duct
common iliac nodes: Lymph nodes of the common iliac artery
cubital lymph nodes: Lymph nodes at the elbow
inguinal lymph nodes: Lymph nodes of the groin
intercostal nodes: Lymph nodes of the ribs
intestinal nodes: Lymph nodes of the intestine
L. thoracic duct: Lymphatic vessel that collects, drains lymph
lymphatic vessels: Thin vessels that transport lymph
palmar plexus: Nerve network of the hand
para-aortic nodes: Lymph nodes near the aorta, in lumbar region
parotid lymph nodes: Lymph nodes of the parotid gland
plantar vessels: Nerve vessels of the foot
popliteal lymph nodes: Lymph nodes of the knee
R. lymphatic duct: Lymphatic vessel that collects, drains lymph
superficial lymph vessels: Vessels in subcutaneous tissue

RESPIRATORY SYSTEM

auditory (eustachian) tube: Tube linking middle ear, nasopharynx; equalizes pressure on sides of tympanic membrane
bronchioles: Subdivisions of bronchial tubes
cardiac notch: Concavity of left lung
diaphragm: Dome-shaped muscle separating abdominal, chest cavities
glottis: The vocal cords, the space between them
larynx: Voice box
lobule: Bronchiole, its branches
nasal cavity: Hollow space between floor of cranium, roof of mouth
oral cavity: Part of mouth behind gums, teeth
pharynx: Passageway for air, food; participates in speech
pleura: 2-walled membrane that protects the lungs
primary bronchi: Main airway passages of the trachea
R. lung: Respiratory organ
secondary bronchi: Secondary airway passages; further divisions of primary bronchi
superior, middle & inferior conchae: Scroll-like bones of the nasal cavity
tongue: Movable organ on floor of mouth; aids in taste, speech, swallowing
trachea: Windpipe
vocal fold (cord): True vocal cord

NERVOUS SYSTEM

axillary n.: Armpit nerve
brachial plexus: Complex network of 4 cervical nerves, 1st thoracic nerve
cauda equina: Terminal point of spinal nerves, cord
cerebellum: Part of the brain concerned with muscle coordination, bodily equilibrium maintenance
cerebrum: Brain
cervical plexus: Complex network of 4 cervical nerves
digital n.n.: Nerves of toes
femoral n.: Large nerve that supplies muscles of the thigh
gluteal n.n.: Nerves of gluteal region
iliohypogastric n.: Upper branch of 1st lumbar nerve
ilioinguinal n.: Lower branch of 1st lumbar nerve
intercostal n.n.: Anterior branches of 11 thoracic nerves
lumbar plexus: Major nerve network of lumbar region
median n.: Nerve running along middle of arm
peroneal branch of sciatic n.: Terminal branch of sciatic nerve
puddental n.: Nerve of pelvic region
radial n.: Nerve of upper arm
sacral plexus: Major nerve network of sacrum
saphenous n.: Largest, longest branch of femoral nerve
sciatic n.: Thickest nerve in body; runs from sacral plexus down back of thigh
spinal cord: Cylindrical column of nerve tissue
subcostal n.n.: Anterior branches of 12th thoracic nerve
tibial branch of sciatic n.: Terminal branch of sciatic nerve
ulnar n.: Nerve running along inner side of arm

ENDOCRINE SYSTEM

adrenal (suprarenal): Endocrine glands atop kidneys; produce hormones
ovaries (female): Reproductive glands
pancreas: Gland that secretes digestive enzymes, hormones
parathyroids (dorsal): Glands that control calcium, phosphorus levels in blood
pineal: Gland that secretes melatonin
pituitary (hypophysis): Master gland; secretes hormones
testes (male): Reproductive glands
thymus (in child): Immune system gland; produces T cells
thyroid (ventral): Gland that produces hormones; regulates metabolism

DIGESTIVE SYSTEM & VISCERA

anus: Rectum outlet
appendix: Small outgrowth from the cecum
ascending colon (l.i.): Right-side portion; runs from cecum to liver
cecum: Pouch at beginning of colon
descending colon (l.i.): Left-side portion; runs below spleen to sigmoid colon
duodenum (s.i.): First portion of small intestine
esophagus: Muscular tube through which food travels from the mouth to the stomach
gallbladder: Bile-storing sac of the liver
ileum (s.i.): Last portion of small intestine
jejunum (s.i.): Middle portion of small intestine
liver: Large, bile-secreting gland
oral cavity: Part of mouth behind gums, teeth
pancreas (behind stomach): Gland that secretes digestive enzymes, hormones
parotid gland: Largest salivary gland
pharynx: Passageway for air, food; participates in speech
rectum: Terminal end of large intestine
sigmoid colon: S-shaped part of colon above rectum
spleen: Lymphatic organ
stomach: Saclike organ; reservoir for food
sublingual salivary gland: Small salivary gland below the tongue
submandibular salivary gland: Salivary gland below floor of mouth
tongue: Movable organ on floor of mouth; aids in taste, speech, swallowing
trachea: Windpipe
transverse colon (l.i.): Section of colon that lies horizontally across abdominal cavity

COLON

anus: Rectum outlet
ascending colon: Right-side portion; runs from cecum to liver
cecum: Pouch at beginning of colon
descending colon: Left-side portion; runs below spleen to sigmoid colon
exterior anal sphincter m.: Circular muscle that closes anus
free tenia (tenia libera): Muscle bands along large intestine
haustra: Pouches of the colon
ileum: Last portion of small intestine
L. colic (splenic) flexure: Bend of colon near spleen
mesocolic tenia: Muscle bands of large intestine
omental tenia: Muscle bands of large intestine
R. colic (hepatic) flexure: Bend of colon near liver
rectosigmoid junction: Junction of rectum, sigmoid colon
rectum: Terminal end of large intestine
semilunar folds: Membrane folds of the colon
sigmoid colon: S-shaped part of colon above rectum
transverse colon: Section of colon that lies horizontally across abdominal cavity
vermiform appendix: Small outgrowth from the cecum

URINARY SYSTEM

adrenal glands: Endocrine glands atop kidneys; produce hormones
kidneys: Organs that filter blood, create urine
prostate (male): Gland that secretes component of seminal fluid
ureter: Tubes that carry urine from kidneys to bladder
urethra: Tube that discharges urine
urinary bladder: Sac that holds urine

MALE REPRODUCTIVE SYSTEM

anus: Rectum outlet
bulbourethral gland (Cowper's): Secretes seminal fluid
corpus cavernosum: Columns of erectile tissue
corpus spongiosum: Erectile tissue surrounding male urethra
ejaculatory duct: Duct that conveys sperm, seminal secretions
epididymis: Structure that transports, stores mature sperm
external urethral meatus: External opening at tip of urethra
fat: Tissue serving as energy reserve
glans penis: Expanded end of penis
navicular fossa: Dilated portion of urethra
prepuce: Foreskin
prostate gland: Gland that secretes component of seminal fluid
pubis: Pubic bone
rectum: Terminal end of large intestine
sacrum: Triangular bone of 5 fused vertebrae
scrotum: Sac containing the testes
seminal vesicle: Gland that produces components of semen
sigmoid colon: S-shaped part of colon above rectum
testicular tubules: Channels in which sperm develop
testis: Reproductive gland
ureter: Tubes that carry urine from kidneys to bladder
urethra: Tube that discharges urine
urinary bladder: Sac that holds urine
vas deferens: Duct that transports sperm

FEMALE REPRODUCTIVE SYSTEM

anus: Rectum outlet
cervical canal: Spindle-shaped passage through uterus
cervix: Lower, narrow portion of uterus
clitoris: Small erectile organ
coccyx: Tailbone
descending colon: Left-side portion; runs below spleen to sigmoid colon
endometrium: Inner membrane lining uterus
fimbria: Fringe of tissue near ovary
labia majora: Outer, fatty folds of skin on sides of vaginal opening
labia minora: Thin, inner folds of skin on sides of vaginal opening
levator ani: Thin muscle of inner pelvis surface
myometrium: Smooth muscle layer of uterus wall
ovary: Reproductive gland
pelvic bowl m.m.: Muscles of pelvic floor
pubic bone: Pubis; one of 3 bones of the pelvis
rectum: Terminal end of large intestine
sacrum: Triangular bone of 5 fused vertebrae
sigmoid colon: S-shaped part of colon above rectum
urethra: Tube that discharges urine
urinary bladder: Sac that holds urine
uterine tube: Tubes for passage of eggs from ovaries to uterus
uterus: Womb
vagina: Passageway from uterus to exterior
vaginal opening: Muscular canal extending from cervix to exterior

CIRCULATORY SYSTEM

abdominal aorta: Continuation of aorta; largest artery in abdominal cavity
anterior tibial a.: Artery of leg, ankle, foot
anterior tibial v.: Accompanies anterior tibial artery
aortic arch: Curved part of aorta
axillary a.: Artery of armpit
basilic v.: Large vein of upper arm near biceps
brachial a.: Main artery of upper arm
brachial v.: Accompanies brachial artery
brachiocephalic a.: Artery arising from aortic arch; splits into right carotid, subclavian arteries
celiac trunk: Branch of abdominal aorta
cephalic v.: Superficial vein of arm
cerebral a.: Artery of cerebral cortex
common carotid a.: Supplies head, neck; divides into external, internal
confluens sinuum: Union of superior sagittal, straight, occipital sinuses
deep femoral v.: Deep thigh vein
dorsalis pedis a.: Artery of upper foot surface; continuation of anterior tibial artery
external iliac a.: Outer branch of common iliac artery; becomes femoral artery
external iliac v.: Upward continuation of femoral vein
external jugular v.: Superficial vein of face, neck
facial a. & v.: Major artery, vein of face
femoral a.: Main artery of thigh; continuation of external iliac artery
femoral v.: Main vein of thigh; continuation of popliteal vein
genicular a.a.: Arteries of the knee
genicular v.v.: Veins of the knee
gonadal a.: Paired arteries, one for each gonad
great saphenous v.: Vein of leg originating in the foot; joins femoral vein
hepatic portal v.: Drains spleen, gastrointestinal tract into the liver
inferior vena cava: Principal vein of lower body; largest vein in body
internal iliac a.: Inner branch of common iliac artery; supplies pelvic, gluteal regions
internal iliac v.: Drains pelvic, gluteal regions
internal jugular v.: Larger superficial vein of face, neck
jugular v.: Bilateral; returns blood from head to heart
L. external carotid a.: Outer division of common carotid artery; supplies parts of head
L. internal carotid a.: Inner division of common carotid artery; supplies parts of head
L. lateral circumflex a.: Branch of femoral artery
L. middle cerebral a.: Branch of internal carotid artery
median v.: Continuation of cephalic vein; often used for venipuncture
palmar a. anastomoses: Coming together of arteries in palm of hand
palmar venous network: Network of veins in palm of hand
plantar a. anastomoses: Coming together of arteries in sole of foot
plantar venous network: Network of veins in sole of foot
popliteal a.: Continuation of femoral artery
pulmonary a.: Carries blood from right/left ventricle to corresponding lung
radial a.: Smaller branch of brachial artery
recurrent tibial a.: Continuation of anterior tibial artery
renal a.: Branch of abdominal aorta that supplies kidney
renal v.: Short, thick vein of kidney
sinus sagittalis superior: Channel allowing blood to drain from upper brain to sinuses
subclavian a.: Artery at base of neck supplying neck, arm
subclavian v.: Vein at base of neck draining neck, arm
superficial temporal a.: Branch of external carotid artery
superficial temporal v.: Large vein on each side of head
superior mesenteric a.: Supplies small intestine, cecum, ascending colon, right side of transverse colon

superior mesenteric v.: Drains small intestine, cecum, ascending colon, transverse colon
superior vena cava: Principal vein of upper body; 2nd largest vein in body
ulnar a.: Larger branch of brachial artery
vertebral a.: Major neck artery

CIRCLE OF WILLIS

Ring of arteries at base of brain
anterior cerebral a.: Artery of cerebral cortex
anterior communicating a.: Artery connecting anterior cerebral arteries
anterior inferior cerebral a.: Artery of anterior inferior quarter of cerebellum
ascending frontal a.: Ascending branch of ophthalmic artery
basilar a.: Artery of cerebellum, brainstem
internal acoustic (labyrinthine) a.: Long, thin artery of internal ear
internal carotid a.: Inner division of common carotid artery; supplies parts of head
lenticulostriate a.: Branch of middle cerebral artery
middle cerebral a.: Branch of internal carotid artery
middle temporal a.: Branch of superficial temporal artery
ophthalmic a.: Branch of internal carotid artery; supplies eye
posterior cerebral a.: Artery of temporal, occipital lobes
posterior communicating a.: Artery connecting internal carotid artery, posterior cerebral arteries
superior cerebellar a.: Artery that supplies superior cerebellum, midbrain, pineal gland, portion of 3rd ventricle
vertebral a.: Major neck artery

BLOOD CIRCUITS

aortic arch (arch of aorta): Curved part of aorta
arteries: Vessels that carry blood from heart
capillaries: Tiny, network-forming vessels
celiac a.: First major branch of abdominal aorta
descending abdominal aorta: Abdominal-supplying division of descending aorta
descending thoracic aorta: Chest-supplying division of descending aorta
femoral a.: Main artery of thigh; continuation of external iliac artery
femoral v.: Main vein of thigh; continuation of popliteal vein
gastric a.: Branch of celiac artery to upper stomach
gastric aorta: Portion of aorta in abdominal cavity
hepatic a.: Branch of celiac artery to liver
hepatic portal v.: Drains spleen, gastrointestinal tract into the liver
inferior mesenteric a.: Supplies left side of transverse colon, descending colon, sigmoid colon, rectum
inferior vena cava: Principal vein of lower body; largest vein in body
internal iliac a.: Inner branch of common iliac artery; supplies pelvic, gluteal regions
internal iliac v.: Drains pelvic, gluteal regions
kidneys: Organs that filter blood, create urine
L. atrium: Upper heart chamber
L. pulmonary a.: Carries blood from right ventricle to left lung
L. pulmonary v.v.: Carry blood from left lung to left atrium
L. ventricle: Lower heart chamber
portal circulation: Blood flow from small intestine to liver
pulmonary a.: Carries blood from right/left ventricle to corresponding lung
pulmonary capillaries: Network of tiny blood vessels
R. atrium: Upper heart chamber
R. pulmonary a.: Carries blood from right ventricle to right lung
R. pulmonary v.v.: Carry blood from right lung to left atrium
R. ventricle: Lower heart chamber
renal a.a.: Branches of abdominal aorta that supply the kidneys
renal v.v.: Short, thick veins of the kidneys
spleen: Lymphatic organ
splenic a.: Branch of celiac artery to spleen
stomach: Saclike organ; reservoir for food
superior mesenteric a.: Supplies small intestine, cecum, ascending colon, right side of transverse colon
superior vena cava: Principal vein of upper body; 2nd largest vein in body
veins: Vessels that carry blood to heart

HEART & CIRCULATION

abdominal aorta: Continuation of aorta; largest artery in abdominal cavity
aortic arch (arch of aorta): Curved part of aorta
aortic valve: Valve between left ventricle, aorta
apex: Lower, pointed end of left ventricle
ascending aorta: Portion from the beginning of the aorta to the arch
brachiocephalic trunk: Branch of aortic arch that divides into right carotid, subclavian arteries
circumflex branch of L. coronary a.: Branch of left main coronary artery
common carotid a.: Supplies head, neck; divides into external, internal
coronary sinus: Receives venous blood from heart; empties into right atrium
descending aorta: Portion from the arch to the division into common iliac arteries
external jugular v.: Superficial vein of face, neck
fat: Tissue serving as energy reserve
great cardiac v.: Large vein that starts at apex of heart, curves around to join coronary sinus
inferior thyroid v.: Drains thyroid gland
inferior vena cava: Principal vein of lower body; largest vein in body
internal jugular v.: Larger superficial vein of face, neck
L. anterior descending (or anterior intraventricular) coronary a.: Division of left main coronary artery
L. atrium: Upper heart chamber
L. auricle: Pouch of the atria
L. brachiocephalic v.: Upper chest vein; formed by union of subclavian, internal jugular veins
L. common carotid a.: Supplies head, neck
L. external jugular v.: Superficial vein of face, neck
L. inferior pulmonary v.: Carries blood from inferior lobes of left lung to left atrium
L. posterior papillary m.: Column of heart muscle
L. pulmonary a.: Carries blood from right ventricle to left lung
L. pulmonary v.: Carries blood from left lung to left atrium
L. subclavian a.: Branch of aortic arch; supplies left arm
L. superior pulmonary v.: Carries blood from superior lobes of left lung to left atrium
L. ventricle: Lower heart chamber
ligamentum arteriosum: Tissue connecting pulmonary trunk, aorta
middle cardiac v.: Begins at apex, continues to coronary sinus
mitral valve: Valve between left atrium, left ventricle
muscular interventricular septum: Wall that separates left, right ventricles
posterior descending a.: Branch of right coronary artery
posterior v. of L. ventricle: Vein of left ventricle running to coronary sinus, great cardiac vein
pulmonary trunk: Large vessel of right ventricle
pulmonary valve: Flows blood in right direction; prevents backflow
R. atrium: Upper heart chamber
R. brachiocephalic v.: Upper chest vein; formed by union of subclavian, internal jugular veins
R. common carotid a.: Supplies head, neck
R. coronary a.: Branch of aorta supplying right side of heart
R. external jugular v.: Superficial vein of face, neck
R. inferior pulmonary v.: Carries blood from inferior lobes of right lung to left atrium
R. pulmonary a.: Carries blood from right ventricle to right lung
R. pulmonary v.: Carries blood from right lung to left atrium
R. subclavian a.: Supplies right arm
R. superior pulmonary v.: Carries blood from superior lobes of right lung to left atrium
R. ventricle: Lower heart chamber
subclavian a.: Artery at base of neck supplying neck, arm
subclavian v.: Vein at base of neck draining neck, arm
sulcus terminalis: Shallow groove
superior vena cava: Principal vein of upper body; 2nd largest vein in body
tricuspid valve: Valve between right atrium, right ventricle

HEART: NERVES & ARTERIES

anterior interventricular branch (L. anterior descending): Division of left main coronary artery
atrioventricular (AV) node: Specialized tissue that coordinates heart rate
Bachmann's bundle: Connects top of right, left atriums; part of atrial conduction system
circumflex branch: Artery of the heart
common AV bundle (of His): Bundle of cardiac muscles that conducts electrical impulses that regulate heartbeat
cusps: Flap of heart valve

MUSCLES

1st-4th dorsal interossei: 4 small muscles between metacarpals
abductor digiti minimi (foot): Little toe abductor
abductor digiti minimi (hand): Little finger abductor
abductor hallucis: Big toe abductor
abductor pollicis longus: Forearm muscle that abducts thumb, wrist
adductor brevis: Short thigh adductor
adductor longus: Long thigh adductor; middle of the 3
adductor magnus: Large thigh adductor
adductor pollicis: Thumb adductor
anconeus: Small triangular muscle that extends forearm
arcuate line: Marks lower posterior wall of rectus sheath
auricularis anterior: Muscle before the ear
auricularis superior: Muscle above the ear
biceps brachii: 2-headed elbow flexor
biceps femoris: Large flexor muscle at back of upper leg; forms hamstring
bicipital aponeurosis (front of arm): Connective tissue of biceps brachii
brachialis: Flexes forearm at elbow
brachioradialis: Radial-side flexor; flexes forearm at elbow
buccinator: Thin, broad cheek muscle; compresses cheek against teeth
calcaneal (Achilles) tendon: Tendon joining calf muscles to heel bone
coracobrachialis: Shoulder flexor, adductor
corrugator: Wrinkles brow
corrugator fibers: Muscle fibers that wrinkle the brow
cremaster: Muscle of the testes
deltoid: Triangular shoulder muscle
depressor anguli oris: Frowning muscle
depressor labii inferioris: Depresses the lower lip
digastric: Elevates hyoid bone; depresses mandible
erector spinae: Deep back muscle that extends length of back; straightens, rotates back
ex. carpi radialis brevis: Short, radial-side muscle that extends, abducts the hand
ex. carpi radialis longus: Long, radial-side muscle that extends, abducts the hand
ex. carpi ulnaris: Ulnar-side hand extensor, adductor
ex. digitorum brevis: Muscle of upper foot surface that extends toes
ex. digitorum communis: Forearm muscle that extends wrist, fingers
ex. digitorum longus: Long muscle at front of lower leg that extends small toes, flexes foot upward
ex. hallucis brevis: Muscle at top of foot that extends big toe
ex. hallucis longus: Long muscle on the shin that extends big toe
ex. indicis: Extends index finger
ex. pollicis brevis: Adducts hand
ex. pollicis longus: Abducts hand
ex. retinaculum: Fibrous band binding hand tendons
external intercostals: Any of 11 muscles that aid in inhalation
fascia lata (band of Richer): Deep sheet of fibrous tissue enveloping thigh
fat pad: Protective mass of fat cells

inferior thyroid v.: Drains thyroid gland
internodal tract: Pathway of atrial conduction system; anterior, middle, posterior tracts
L. & R. bundle branches: Branches of bundle of His
main L. coronary a.: Left branch of aorta
main R. coronary a.: Right branch of aorta
marginal branches: Branches of coronary artery along margins of heart
posterior interventricular branch: Division of coronary artery
Purkinje fibers: Cardiac muscle fibers that relay impulses, allowing ventricles to contract
sinoatrial (SA) a.: Supplies sinoatrial node; usually a branch of the right coronary artery
sinoatrial (SA) node: Heart's pacemaker

fl. carpi radialis: Palmar-side hand flexor, abductor
fl. carpi ulnaris: Ulnar-side hand flexor, adductor
fl. digitorum brevis: Muscle at middle of sole of foot that flexes small toes
fl. digitorum longus: Muscle at tibial side of leg that flexes small toes
fl. digitorum profundus: Deep ulnar-side forearm muscle that flexes terminal finger bones
fl. digitorum superficialis: Palmar-side forearm muscle that flexes 2nd phalanx of each finger
fl. hallucis longus: Deep, fibular-side muscle that flexes 2nd phalanx of big toe
fl. pollicis longus: Radial-side forearm muscle that flexes 2nd thumb phalanx
fl. retinaculum (ankle): Fibrous band forming a tarsal tunnel
fl. retinaculum (hand): Fibrous band forming carpal canal
frontalis: Thin muscle that lifts eyebrows, wrinkles forehead
gastrocnemius: Largest, most superficial calf muscle
gemellus inferior: Small hip muscle originating from ischial tuberosity
gemellus superior: Small hip muscle originating from ischial spine
gluteus maximus: Largest buttocks muscle
gluteus medius: Middle buttocks muscle
gluteus minimus: Smallest buttocks muscle
gracilis: Slender thigh muscle
hypothenar m.m.: Muscles of the little finger
iliopsoas: Thigh flexor; bends pelvis forward
iliotibial band: Band assisting with knee flexion, extension, stability
incisivus labii inferioris: Fibers of lower lip
incisivus labii superioris: Fibers of upper lip
inferior ex. retinaculum: Lower band binding extensor tendons of the ankle
infraspinatus: One of 4 rotator cuff muscles; main rotator of shoulder
inguinal l.: Thick fibrous band of groin region
internal intercostals: Any of 11 muscles that aid in exhalation
lateral palpebral l.: Fibrous band that attaches tarsal plates to orbital eminence of zygomatic bone
lateral patellar retinaculum: Fibrous tissue of vastus lateralis
latissimus dorsi: Broad back muscle
levator anguli oris: Facial muscle of the mouth arising from the maxilla; lifts lips
levator labii alaeque nasi: Enables one to snarl
levator labii superioris: Facial muscle; lifts upper lip
levator palpebrae superioris: Thin muscle that lifts eyelid
levator scapulae: Elevates shoulder blade
linea alba: Tendinous line that divides rectus abdominis
linea semilunaris: Slightly curved line parallel to midline of body; marks lateral border of rectus abdominis
lumbricales: 4 small muscles of the palm of the hand

masseter: Chewing muscle
medial patellar retinaculum: Fibrous tissue of vastus medialis
medial pterygoid: Thick, quadrilateral muscle that assists in lifting lower jaw; controls other jaw movements
mentalis: Muscle of the chin
muscular node: Mass of muscular tissue at corner of mouth
nasalis: Compresses nasal cartilage
obliquus externus: Outer, slanting abdominal muscle
obliquus internus: Inner, slanting abdominal muscle
obturator internus: Thigh rotator, abductor
occipitalis: 4-sided muscle; moves the scalp
omohyoid: Depresses the hyoid bone
orbicularis oculi: Encircles opening of eye; closes eyelid
orbicularis oris: Encircles mouth; controls lip movement
palmar aponeurosis: Connective tissue covering palm muscles
palmaris longus: Flexes hand at wrist
patellar tendon: Quad tendon that extends from patella to tibia
pectineus: Flat, quadrangular muscle of upper thigh; flexes hip; adducts, rotates thigh
pectoralis major: Large breast muscle
pectoralis minor: Small breast muscle
peroneal retinaculum: Bands of connective tissue that bind ankle tendons
peroneus brevis: Shorter lower leg muscle
peroneus longus: Long lower leg muscle
peroneus tertius: Branch of extensor digitorum longus
piriformis: Pear-shaped muscle attached to greater trochanter of femur
platysma: Wide neck muscle; wrinkles neck; draws down lower lip, corners of mouth
popliteal fossa: Soft depression behind knee
pronator teres: Forearm pronator, flexor
pyramidalis: Triangular muscle of rectus sheath
quadratus inferior: Flat muscle; rotates thigh laterally
rectus abdominis: Long, flat abdomen muscle; “six pack”
rectus femoris: Quads muscle at middle of thigh
rectus sheath: Strong fibrous sleeve in which rectus abdominis, pyramidalis muscles contract
rhomboideus major: Large muscle connecting shoulder blade, thoracic vertebrae
rhomboideus minor: Small muscle connecting shoulder blade, cervical and thoracic vertebrae
risorius: Laughing muscle
sacrospinous l.: Fan-shaped ligament of lower back of pelvis, on each side of the body
sartorius: Longest muscle in body; runs down thigh
scalenus: 3 deep neck muscles: anterior, middle, posterior
semimembranosus: Most medial of hamstring muscles
semispinalis capitis: Upper muscle of back of neck; extends, rotates head
semitendinosus: Hamstring muscle at back of thigh
serratus anterior: Attached to first 8 or 9 ribs; stabilizes scapula by holding it to chest wall, rotates it while raising arm
serratus posterior inferior: Thin quadrilateral back muscle at junction of thoracic, lumbar regions
soleus: Powerful, broad, flat calf muscle
splenius capitis: Broad muscle on each side of back of neck; rotates head to side
sternocleidomastoid: Paired muscle of breastbone, collarbone
sternohyoid: Chest muscle; depresses hyoid bone, larynx
sternomastoid: Paired neck muscle; flexes, rotates head
stylohyoid: Slender muscle that elevates, retracts hyoid
subclavius: Small, triangular collarbone muscle
subscapularis: Large, triangular shoulder blade muscle
superior ex. retinaculum: Upper band binding tendons above ankle joint
superior tarsus: Fibrous tissue of upper eyelid
supinator: Motion-producing muscle
supraspinatus: Rotator cuff muscle; rotates humerus laterally, abducts arm at shoulder
synovial fl. tendon sheaths: Cover tendons of the hand
temporalis: Chewing muscle
tendinous inscriptions: Fibrous bands crisscrossing the stomach
tensor fascia lata: Thigh flexor, abductor
teres major: Thick, flattened muscle; extends arm when flexed, rotates arm medially
teres minor: Narrow, cylindrical muscle of rotator cuff; rotates arm laterally, abducts arm
thenar m.m.: Muscles of the thumb
tibialis anterior: Muscle originating from upper calf; flexes, inverts foot
transversus abdominis: Flat muscle with transverse fibers that forms front, side abdominal walls
trapezius: Large triangular muscle of each side of upper back
triceps brachii: 3-headed elbow flexor
ulnar bursa: Contains flexor tendons of fingers
umbilicus: Navel
vastus lateralis: Front, outer division of quads muscle
vastus medialis: Front, inner division of quads muscle
zygomatic major: Thin band of muscle on each side of face that pulls corners of mouth back when smiling
zygomatic minor: Thin band of muscle on each side of face that raises upper lip

QuickStudy

MUSCLES OF THE HEAD

buccinator: Thin, broad cheek muscle; compresses cheek against teeth
depressor anguli oris: Frowning muscle
depressor labii inferioris: Depresses the lower lip
frontalis: Thin muscle that lifts eyebrows, wrinkles forehead
galea aponeurotica: Dense fibrous tissue covering upper cranium
levator labii alaeque nasi: Enables one to snarl
levator labii superioris: Facial muscle; lifts upper lip
masseter: Chewing muscle
mentalis: Muscle of the chin
nasalis: Compresses nasal cartilage
occipitalis: 4-sided muscle; moves the scalp
orbicularis oculi: Encircles opening of eye; closes eyelid
orbicularis oris: Encircles mouth; controls lip movement
procerus: Draws eyebrows down; flares nostrils
temporalis: Chewing muscle
zygomatic major: Thin band of muscle on each side of face that pulls corners of mouth back when smiling
zygomatic minor: Thin band of muscle on each side of face that raises upper lip

BRAIN (SAGITTAL SECTION)

4th ventricle: Diamond-shaped cavity of the brain; lowest of 4 ventricles
anterior commissure: Band of nerve fibers connecting cerebral hemispheres
arbor vitae: White matter
central sulcus: Groove separating parietal, frontal lobes
cerebellar cortex: Surface layer of cerebellum
cerebellar peduncles: Bands of nerve fibers connecting parts of the brain
cerebellum: Part of the brain concerned with muscle coordination, bodily equilibrium maintenance
cerebral aqueduct: Passage joining 3rd, 4th ventricles
cerebral peduncle: Nerve fiber bundle; joins cerebral hemispheres, spinal cord
cingulate gyrus: Middle ridge of cerebral hemispheres
cingulate sulcus: Groove on medial surface of cerebral hemisphere
corpora quadrigemina: 4 colliculi of midbrain; centers for optic, auditory reflexes
corpus callosum: Nerve fiber bundle connecting cerebral hemispheres
fornix: Arching bundle of fibers that connects hippocampus, hypothalamus
frontal lobe: Anterior division of cerebral hemispheres
hypophysis (pituitary gland): Master gland; secretes hormones
hypothalamus: Regulatory portion of brain, below the thalamus
interthalamic adhesion: Flattened gray band connecting surfaces of the thalamus
lateral ventricle(s) (1st & 2nd): Internal cavities of cerebral hemispheres; communicate with 3rd ventricle
mammillary body: Paired masses on underside of the brain
medulla oblongata: Connects brain to spinal cord
occipital lobe: Visual processing center
optic chiasm: Crossing of optic nerves
paraterminal gyrus: Narrow ridge on medial wall of cerebral hemisphere
parietal lobe: Middle division of cerebral hemispheres
parieto-occipital sulcus: Groove marking boundary between parietal, occipital lobes
pineal body: Small endocrine gland; produces melatonin
pons: Outgrowth of tissue on brain stem
posterior commissure: Bundle of white matter above midbrain
precentral sulcus: Groove in front of central sulcus
spinal cord: Cylindrical column of nerve tissue
sulcus of corpus callosum: Groove that separates brain's white matter from overlying matter
superior medullary velum: Thin layer of white matter that forms upper part of 4th ventricle
temporal lobe: “Hearing” lobe
thalamus (3rd ventricle): Mass of gray matter between cerebral hemispheres on each side of 3rd ventricle; relays sensory impulses

SURFACE BRAIN

angular gyrus: Ridge of parietal lobe
central sulcus (of Rolando): Groove separating parietal, frontal lobes
cerebellum: Part of the brain concerned with muscle coordination, bodily equilibrium maintenance
frontal pole: Forward tip of frontal lobe
horizontal fissure of cerebellum: Largest, deepest fissure in cerebellum
inferior frontal gyrus: Ridge of frontal lobe; 3 parts: opercular, orbital, triangular
inferior frontal sulcus: Groove between the middle, inferior frontal gyri
inferior parietal lobule: Lower division of parietal lobe
inferior temporal gyrus: Lower temporal ridge
inferior temporal sulcus: Lowest temporal groove
medulla oblongata: Connects brain to spinal cord
middle frontal gyrus: Ridge that makes up 1/3 of frontal lobe
middle temporal gyrus: Middle temporal ridge
olfactory bulb: Bulbous projection of olfactory lobe; contains nasal sensory nerves
parieto-occipital sulcus: Groove marking boundary between parietal, occipital lobes
pons: Outgrowth of tissue on brain stem
postcentral gyrus: Ridge of parietal lobe
postcentral sulcus: Groove of parietal lobe parallel to, behind the central sulcus
precentral gyrus: Contains motor area; directly above central sulcus
superior frontal sulcus: Groove between superior frontal, middle frontal gyri
superior temporal gyrus: Uppermost temporal ridge
superior temporal sulcus: Groove between superior temporal, middle temporal gyri
supramarginal gyrus: Sidelong ridge of cerebral hemisphere
supraparietal lobule: Division of upper parietal lobe
temporal pole: Anterior-most part of temporal lobe
transverse cerebellar fissure: Separates cerebellum, cerebral hemispheres

BRACHIAL PLEXUS

1st cervical vertebra: First of 7 cervical bones of spinal column; atlas vertebra
7th cervical vertebra: Most prominent cervical vertebra; vertebra prominens
1st thoracic vertebra: First of 12 thoracic bones of spinal column
axillary n.: Ampit nerve
brachial plexus (C5–T1): Complex network of 4 cervical nerves, 1st thoracic nerve
cervical n.n. (C1–C8): Paired spinal nerves of cervical region
cervical plexus (C1–C4): Complex network of 4 cervical nerves
cutaneous n. of forearm: Nerve supplying sensory stimuli to the skin
humerus: Longest bone of upper arm
inferior trunk: Lowest division of brachial plexus; C8, T1
lateral cord: Formed by superior, middle trunks of brachial plexus; forms median nerve
medial cord: Continuation of inferior trunk of brachial plexus; forms median nerve
median n.: Nerve running along middle of arm
middle trunk: Division of brachial plexus; C7
musculocutaneous n.: Supplies upper arm, forearm
pedicle: Short, bony process on each side of neural arch
posterior cord: Formed by divisions of brachial plexus; divides into axillary, radial nerves
radial n.: Nerve of upper arm
supraclavicular n.: Nerve of cervical plexus; supplies skin of upper chest, shoulder
thoracic n.n. (T1–T12): Paired spinal nerves of thoracic region
transverse process: Bony protrusion on each side of a vertebra
ulnar n.: Nerve running along inner side of arm
upper trunk: Superior division of brachial plexus; C5, C6

SACRAL PLEXUS

12th thoracic vertebra: Last of 12 thoracic bones of spinal column
1st lumbar vertebra: First of 5 lumbar bones of spinal column
5th lumbar vertebra: Last of 5 lumbar bones of spinal column
coccygeal n.: Lowest pair of spinal nerves
dorsal n. of penis (clitoris): Deepest branch of pudendal nerve
femoral n.: Large nerve that supplies muscles of the thigh
femur: Thigh bone
filum dura mater: Threadlike continuation of spinal cord
genitofemoral n.: Nerve branches supplying upper thigh, genital area
iliohypogastric n.: Upper branch of 1st lumbar nerve
ilioinguinal n.: Lower branch of 1st lumbar nerve
inferior gluteal n.: Nerve supplying gluteus maximus
inferior rectal n.: Branch of pelvic nerve; supplies the sphincter
lateral femoral cutaneous n.: Nerve supplying outer thigh
lumbar n.n. (L1–L5): Paired spinal nerves of lumbar region (lower back)
lumbar plexus (T12–L4): Major nerve network of lumbar region
pedicle: Short, bony process on each side of neural arch
perineal n.: Nerve of pelvic region
posterior femoral cutaneous n.: Nerve supplying perineum, back of thigh and leg
pudendal n.: Nerve of pelvic region
sacral n.n. (S1–S5): Paired spinal nerves of sacral region
sacral plexus (L4–S4): Major nerve network of sacrum
sacrum: Triangular bone of 5 fused vertebrae
sciatic n.: Thickest nerve in body; runs from sacral plexus down back of thigh
superior gluteal n.: Nerve supplying gluteal, thigh muscles
thoracic n.n. (T1–T12): Paired spinal nerves of thoracic region

HIP LIGAMENTS

capsular l.: Reinforcing fiber outside the joint capsule
greater trochanter: Projection on the upper, outer end of the thigh bone
iliofemoral l. (Y l. of Bigelow): Y-shaped ligament of hip joint
inguinal l.: Thick fibrous band of groin region
intertrochanteric line: Ridge of bone running from greater to lesser trochanter
ischiocapsular l.: Triangular band of fibers on back of hip joint
joint l. (or joint capsule): Ligamentous sac surrounding movable joint
lesser trochanter: Small projection of the thigh bone
obturator membrane: Fibrous sheet that spans most of the obturator foramen
pubic tubercle: Rounded projection of bone on pubic crest
pubofemoral l./pubocapsular l.: Limits extension, abduction of thigh
symphysis pubis: Middle junction of pubic bones
transverse acetabular l.: Flat, strong fibers that bridge the acetabular notch

COMPONENTS OF THE FINGER

1st dorsal interosseous m.: Small hand muscle between metacarpals
1st palmar interosseous m.: Small hand muscle on side of finger
2nd metacarpal: Bone of index finger
5th metacarpal: Bone of little finger
articular cartilage: Smooth cartilage on joint surface of bone
capitate: Largest wrist bone
collateral l.l.: Bands that span hinge joints of finger bones
distal interphalangeal (DIP) joint: Hinge joint between 2nd, 3rd phalanges
distal phalanx: Bone at tip of finger
dorsal expansion (hood): Attachments that insert extensor tendons into phalanges
ex. digitorum communis: Forearm muscle that extends fingers, wrist
ex. indicis: Extends index finger
ex. insertions: Where extensor muscles attach to finger bones
hamate: Wedge-shaped wrist bone
intertendinous bands: Bands of connective tissue between extensor tendons of fingers
joint capsule: Ligamentous sac surrounding movable joint
lateral bands: Flattened tendons of extensor muscles
metacarpophalangeal (MCP) joint: Joint between wrist, 1st phalanges
middle phalanx: Middle bone of each finger
pisiform: Small, pea-shaped wrist bone
proximal interphalangeal (PIP) joint: Joint between 1st, 2nd phalanges
proximal phalanx: Bone at base of each finger
radius: Thumb-side forearm bone
scaphoid: Largest proximal wrist bone
slips of long ex. tendons to lateral bands: Narrow strips of tendon at base of PIP joint
styloid process: Projection of the ulna
surface: Outer exposed part
trapezium: Distal wrist bone between scaphoid, 1st metacarpal
trapezoid: Smallest bone in distal row
triquetrum: Triangular wrist bone
ulna: Little-finger-side forearm bone

HIP & SCIATIC NERVE

acetabulum: Bowl-like cavity on hip bone
articular capsule: Ligamentous sac surrounding movable joint
coccyx: Tailbone
dorsal sacral foramina: Rounded openings in the pelvis for passage of sacral nerves
greater sciatic notch: Large notch on lower border of hip bone
greater trochanter: Projection on the upper, outer end of the thigh bone
head of femur: Highest part of the thigh bone
iliac crest: Upper margin of the ilium
ilium: Uppermost, largest pelvic bone
ischial bursa: Pad-like sac covering ischial tuberosity
ischial tuberosity: Large swelling of ischium; holds body's weight when sitting
ischiofemoral l.: Triangular band of fibers on back of hip joint
latissimus dorsi: Broad back muscle
lesser trochanter: Small projection of the thigh bone
neck of femur: Narrow process connecting parts of the thigh bone
obturator foramen: Opening between ischium, pubis bones

KNEE LIGAMENTS (FRONT & BACK)

adductor tubercle: Small bump of the thigh bone
anterior cruciate l. (ACL): Major knee ligament; works to prevent tibia from moving too far forward
anterior l.l. of the fibular head: Wide, flat bands that pass from front of fibular head to front of lateral condyle of tibia
anterior meniscofemoral l.: Ligament of Humphrey; anterior to PCL
femur: Thigh bone
fibula: Calf bone
fibular (lateral) collateral l.: LCL; band on outer side of knee; connects lateral epicondyle of femur with head of fibula
head of fibula: Rounded end of calf bone
intercondylar fossa: Depression between femoral condyles
intercondylar line: Ridge separating intercondylar fossa, popliteal surface
lateral condyle of femur: Projection on lower, outer part of thigh bone
lateral condyle of tibia: Projection on upper, outer part of shinbone

HEAD: EYE, EAR, NOSE, MOUTH

7th cervical vertebra: Most prominent cervical vertebra; vertebra prominens
auditory (eustachian) tube: Tube linking middle ear, nasopharynx; equalizes pressure on sides of tympanic membrane
central sulcus: Groove separating parietal, frontal lobes
cerebellum: Part of the brain concerned with muscle coordination, bodily equilibrium maintenance
cervical n.n.: Paired spinal nerves of cervical region
cricoid cartilage: Ring-shaped cartilage around the trachea
epiglottis: Flap of cartilage in throat behind tongue, in front of larynx
esophagus: Muscular tube through which food travels from the mouth to the stomach
frontal lobe: Anterior division of cerebral hemispheres
frontal sinus: 1 of 2 air-filled, mucus-lined cavities; not present at birth but fully developed after puberty
genioglossus m.: Fan-shaped muscle; protrudes the tongue
geniohyoid m.: Narrow muscle that draws hyoid bone forward, depresses the jaw
hard palate: Hard, bony part of division between oral, nasal cavities
head of the mandible: Projection on jawbone
hyoid bone: U-shaped bone at base of tongue
inferior nasal meatus: Lower nasal passage
inner ear (cochlea): Snail shell-like cavity
L. inferior nasal concha: Lowest, largest nasal concha; separates inferior, middle nasal meatuses
L. medial nasal concha: Separates superior, middle nasal meatuses

obturator internus: Thigh rotator, abductor
obturator membrane: Fibrous sheet that spans most of the obturator foramen
piriformis: Pear-shaped muscle attached to greater trochanter of femur
posterior inferior iliac spine: Projection on posterior margin of ilium
posterior superior iliac spine: Sharp projection at posterior end of iliac crest
pubis: Pubic bone
ramus of ischium: Part of ischium below obturator foramen
sacral hiatus: Gap at lower end of sacrum
sacroiliac joint: Joint between sacrum, ilium
sacrospinal l. (sacrospinous l.): Fibrous band on each side of body that passes from sacrum and coccyx to ischial spine
sacrospinous l.: Fan-shaped ligament of lower back of pelvis, on each side of the body
sciatic n.: Thickest nerve in the body; runs from sacral plexus down back of thigh
spine of ischium: Pointed projection on ischium
supraspinous l.: Long fibrous cord of the spinal column
thoracolumbar fascia: Sheet of connective tissue that covers lower back muscles
trochanteric bursa: Pad-like sac on greater trochanter of femur

lateral epicondyle of femur: Projection above lateral condyle of femur
lateral/medial meniscus: Crescent-shaped band of fibrous cartilage
medial condyle of femur: Projection on lower, inner part of thigh bone
medial condyle of tibia: Projection on upper, inner part of shinbone
medial epicondyle of femur: Projection above medial condyle of femur
patella: Kneecap
patellar l.: Continuation of quadriceps femoris
popliteal surface: Surface at back of knee joint
posterior cruciate l. (PCL): Major knee ligament; works to prevent tibia from moving too far backward
posterior l.l. of the fibular head: Thick bands passing from end of calf bone to lateral condyle of tibia
posterior meniscofemoral l.: Ligament of Wrisberg; posterior to PCL
tibia: Shinbone
tibial (medial) collateral l.: MCL; wide, flat band on inner side of knee; connects medial epicondyle of femur with medial condyle of tibia
tibial tuberosity: Rounded prominence on upper end of shinbone

larynx: Voice box
mandible: Lower jawbone
mylohyoid m.: Appears on each side of mouth; forms floor of oral cavity
nasal bone: 2 small, oblong bones forming bridge of the nose
nuchal l.: Tendon-like structure that originates from spinous processes of cervical vertebrae
occipital lobe: Visual processing center
olfactory bulb: Bulbous projection of olfactory lobe; contains nasal sensory nerves
optic n.: Paired cranial nerves
orbicularis oris m.: Encircles mouth; controls lip movement
palatine tonsil: Tonsil on left, right side at back of throat
parietal lobe: Middle division of cerebral hemispheres
pharyngeal tonsil: Adenoids; mass of lymphoid tissue at back of pharynx
sphenoid sinus: Cavity in sphenoid bone
spinal cord: Cylindrical column of nerve tissue
temporal lobe: "Hearing" lobe
temporomandibular capsule: Fibrous membrane surrounding TMJ
temporomandibular joint (TMJ): Small joint between front of ear, mandible; allows movement of mandible
thyroid cartilage: Forms Adam's apple
tongue: Movable organ on floor of mouth; aids in taste, speech, swallowing
tympanic membrane: Eardrum
uvula: Conic lobe projecting downward from posterior border of soft palate
vocal cord: Fold of mucous membrane stretched across larynx

EYE

anterior chamber: Space between cornea, iris, lens
anterior ciliary v.: Small vein of ciliary body
central a. & v. of retina: Branch of ophthalmic artery, vein into the retina
choroid (coat): Vascular layer between sclera, retina; contains large branched pigment cells
ciliary m.: Ring of smooth muscle fibers that allows lens to change shape, focus on distant objects; contains circular, meridional (longitudinal) muscle fibers
ciliary process: Vascular folds; attachment of zonule of Zinn
conjunctiva: Mucous membrane lining of eyelid, forepart of eyeball
cornea: Transparent part that admits light into eye
fovea centralis in macula lutea: Pit of retina in which vision is most acute
greater (major) arterial circle of iris: Circular arteries on border of iris
inferior nasal a. & v.: Artery, vein supplying retina
inferior temporal a. & v.: Artery, vein supplying retina

EAR

auditory (eustachian) tube: Tube linking middle ear, nasopharynx; equalizes pressure on sides of tympanic membrane
auditory n.: 8th cranial nerve; nerve of hearing, equilibrium
auditory ossicles: **incus:** Middle, anvil-shaped bone; works with malleus, stapes to transmit sound to cochlea
auditory ossicles: **malleus:** Outermost, hammer-shaped bone; works with incus, stapes to transmit sound to cochlea
auditory ossicles: **stapes:** Innermost, stirrup-shaped bone; works with incus, malleus to transmit sound to cochlea
auricle: Fleshy, external portion
auricular cartilage: Cartilage lining of outer ear
cochlea: Snail shell-like cavity
cochlear n.: Branch of auditory nerve; conducts stimuli to brain
epitympanic recess: Cavity above eardrum
external acoustic meatus: Passageway of external ear to eardrum

EAR (INTERIOR)

ampullae: Saclike dilations that contain sensory epithelium
cochlear duct: Spiral tube that contains organ of Corti
cochlear n.: Branch of auditory nerve; conducts stimuli to brain
common crus: United ends of semicircular ducts
ductus reuniens: Canal connecting saccule, cochlear duct
eardrum (tympanic membrane): Vibrates in response to sound, transmits stimuli to middle ear
endolymphatic duct: Duct connecting utricle, saccule; ends blindly with endolymphatic sac
endolymphatic sac: Expanded blind end of endolymphatic duct
facial n.: 7th cranial nerve; supplies facial muscles, tongue
incus (anvil): Middle, anvil-shaped bone; works with malleus, stapes to transmit sound to cochlea
malleus (hammer): Outermost, hammer-shaped bone; works with incus, stapes to transmit sound to cochlea
organ of Corti: Cochlear structure that contains auditory sensory cells

iris: Opaque, pigmented continuation of choroid; directs light through the pupil
lamina cribrosa of sclera: Passageway for optic nerve fibers
lateral rectus m.: Longest of 4 orbit muscles
lens: **capsule:** Transparent connective tissue surrounding lens; helps eye to focus
lens: **cortex:** Outer layer
lens: **nucleus:** Core
medial rectus m.: Broadest of 4 orbit muscles
optic n. (II): Paired cranial nerves; sends visual stimuli to brain
ora serrata: Notched edge of retina
posterior chamber: Space behind iris, in front of zonule of Zinn
retina: Sensory, layered membrane of eye; includes rods, cones
Schwalbe's line: Thickened margin of cornea
sclera: White of the eye
sinus venosus of sclera (Schlemm's canal): Drains anterior aqueous humor into veins of eye
trabecular meshwork: Connective tissue
vitreous body: Transparent, jellylike substance
zonule of Zinn (ciliary zonule): Collagen fibers that form the suspensory ligament of the lens

facial n.: 7th cranial nerve; supplies facial muscles, tongue
levator veli palatini m.: Lifts soft palate; prevents liquid, solid from exiting through nose when swallowing
round (cochlear) window: Membrane-covered opening between middle ear, cochlea
semicircular canals: Enclosing membranous tubes; help maintain equilibrium
stapedius m.: Stabilizes, dampens vibration of stapes
temporal bone: Bone at sides of skull; has 4 parts: squamous, petrous, tympanic, mastoid process
temporal m. (temporalis): Chewing muscle
tensor tympani m. (continues through bone to malleus): Tension-adjusting muscle for tympanic membrane
tympanic cavity: Middle ear cavity; transmits vibrations to inner ear
tympanic membrane: Eardrum
vestibular n.: Inner ear nerve

round (cochlear) window (closed by secondary tympanic membrane): Membrane-covered opening between middle ear, cochlea
sacculle: Smallest sac in inner ear
scala tympani: Lymph-filled canal of cochlea; communicates with scala vestibuli
scala vestibuli: Lymph-filled canal of cochlea; receives vibrations from stapes
semicircular canals & ducts: **anterior (superior):** Encloses anterior membranous tube; detects roll
semicircular canals & ducts: **lateral:** Encloses lateral membranous tube; detects yaw
semicircular canals & ducts: **posterior:** Encloses posterior membranous tube; detects pitch
spiral ganglion: Mass of cell bodies
stapedius m.: Stabilizes, dampens vibration of stapes
stapes (stirrup) in oval (vestibular) window: Innermost, stirrup-shaped bone; works with incus, malleus to transmit sound to cochlea
tectorial membrane: Jellylike membrane covering organ of Corti
tensor tympani m.: Tension-adjusting muscle for tympanic membrane
vestibular ganglion: Cell mass on vestibular nerve
vestibular membrane: Inner ear membrane
vestibular n.: Inner ear nerve

SKIN

artery: Vessel that carries blood from the heart
connective tissue: Supports, connects tissues, body parts; tissue anchoring hair root
corpuscule of Krause: Touch-pressure receptor
corpuscule of Ruffini: Touch-pressure receptor; responds to stretching of, pressure on the skin
cuticle: Outermost layer of hair shaft; made of epithelial cells
dermal papillae: Bumps along superficial, papillary layer of dermis
dermis: Inner layer of skin, under epidermis; contains nerve endings, blood vessels, glands
epidermis: Outermost layer of skin
erector pili m.: Involuntary fibers that raise the hair, as when chilled
external (root) sheath: Hair follicle covering that is continuous along epidermis
fat lobule: Subdivision of fat
free n. endings: Nonencapsulated sensory nerve endings; detect pain, touch, temperature
glassy membrane: Internal, basement layer of hair follicle
hair follicle: Tubular sheath of lower hair shaft
hair matrix: Area surrounding papilla
hair shaft: Longest portion of a hair that projects outside the skin
Henle's layer: Contains cube-shaped epithelial cells arranged in a single layer; outer layer of inner root sheath
Huxley's layer: Between Henle's layer, hair cuticle; contains flattened epithelial cells
hypodermis: Connective, fatty tissue layer below dermis
Meissner's corpuscle: Touch-pressure receptor; responds to vibrations, pressure; occurs in extremely sensitive areas of the skin
Merkel's discs: Tiny ends of sensory nerve fibers; respond to touch, pain, temperature
motor n. (autonomic): Nerve carrying motor impulses
papilla of hair follicle: Vascular skin projection; nourishes hair root
papillary layer: Upper layer of dermis
porus of sweat gland: Sweat-secreting opening
reticular layer: Lower layer of dermis
sebaceous glands: Oil-secreting glands
sensory n.: Nerve carrying sensory impulses
stratum basale: Innermost, germinative cell layer of epidermis
stratum corneum: Outermost layer of epidermis; consists of dead cells
stratum granulosum: Granular layer of epidermis; contains granular, nondividing cells
stratum lucidum: Translucent layer of epidermis; found most often in thickened parts of epidermis
stratum spinosum: Prickle cell layer of epidermis; cells can undergo mitosis
sweat gland: Sweat-secreting gland
Vater-Pacini (Pacinian) corpuscle: Sensory skin nerve; responds to steady pressure, vibration
vein: Vessel that carries blood toward heart

ANATOMY OF THE HAND (PALMAR SURFACE)

abductor digiti minimi: Little finger abductor
abductor pollicis brevis m.: Thumb abductor
adductor pollicis m.: Thumb adductor
common synovial sheath: Carpal tunnel sheath; holds flexor tendons
deep transverse metacarpal I.I.: Bands lying across palmar surface of metacarpals
digital fibrous sheath: Fibrous sheath securing flexor tendons
distal phalanges: Bones at tips of fingers
fl. carpi ulnaris m.: Ulnar-side hand flexor, adductor
fl. digiti minimi brevis: Ulnar-side little finger flexor
fl. pollicis brevis m.: Thumb flexor, adductor
fl. retinaculum: Fibrous band forming carpal canal
lumbrical m.m.: 4 small muscles of palm of hand that flex 1st phalanx, extend 2 distal phalanges of each finger
median n.: Nerve running along middle of arm
opponens digiti minimi m.: Triangular muscle that brings little finger in opposition to thumb
opponens pollicis m.: Triangular muscle that abducts, flexes thumb
pisiform bone: Small, pea-shaped wrist bone
radius: Thumb-side forearm bone
synovial sheath: Encloses digital flexor tendons
ulna: Little-finger-side forearm bone
ulnar n.: Nerve running along inner side of arm

FOOT

1st metatarsal bone: Bone before big toe
articular capsule: Ligamentous sac surrounding movable joint
calcaneal (Achilles) tendon: Tendon joining calf muscles to heel bone
calcaneus: Heel bone
collateral I.I.: Bands that span hinge joints of toe bones
cuneiform bone: Wedge-shaped tarsal bone
distal phalanx: Bone at tip of each toe
dorsal cuneonavicular I.I.: Ligaments attaching surfaces of navicular, cuneiform bones
ex. digitorum longus: Long muscle at front of lower leg that extends small toes, flexes foot upward
ex. hallucis longus: Long muscle on the shin that extends big toe
fibula: Calf bone
fl. digitorum longus: Muscle at tibial side of leg that flexes small toes
fl. hallucis brevis: Short muscle that flexes 1st phalanx of big toe
fl. hallucis longus: Deep, fibular-side muscle that flexes 2nd phalanx of big toe
fl. retinaculum: Fibrous band forming a tarsal tunnel
inferior ex. retinaculum: Lower band binding extensor tendons of the ankle
lumbricales: 4 small muscles of the foot
navicular bone: Hollow, boat-shaped tarsal bone
peroneus brevis: Shorter lower leg muscle
peroneus longus: Long lower leg muscle
phalanges 2-5: Toe bones
proximal phalanx: Bone at base of each toe
quadratus plantae m.: Muscle on sole of foot; flexes toes
sesamoid bone: Small, embedded bone
soleus: Powerful, broad, flat calf muscle
superior ex. retinaculum: Upper band binding tendons above ankle joint
talus: Anklebone
tibia: Shinbone
tibialis anterior: Muscle originating from upper calf; flexes, inverts foot
tibialis posterior: Stabilizes lower leg; flexes, inverts foot
trochlea: Smooth surface of talus; joins with ends of tibia, fibula

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