

Checklist Lab 5

Abdominal muscles

- 1-External oblique muscle
- 2-Internal oblique muscle
- 3-Transversus abdominis
- 4-Rectus abdominis
- 5-Pyramidalis (if present)

1-Note the direction of fibers for the external oblique, internal oblique & transversus abdominis

2- you should identify the origin / insertion/ nerve supply and action for the abdominal muscles

Anatomical structures that result from insertion of the muscles aponeurosis

Inguinal ligament (the lower boarder of external oblique aponeurosis fold back ward on its self)

Its between anterior superior iliac spine and pubic tubercle

Superficial inguinal ring (triangular defect in the external oblique aponeurosis lies immediately above and medial to pubic tubercle)

Conjoint tendon (formed by internal oblique and transversus abdominis aponeurosis >> attached medially to the linea alba but has a lateral free boarder)

Linea alba (a vertically fibrous band that extend from the symphysis pubis to xiphoid process>> formed by fusion of aponeurosis of the anterior abdominal wall)

Rectus sheath (formed by the aponeurosis of external oblique, internal oblique and transversus abdominis)

Also, some of the muscle's aponeurosis share in the boundaries of inguinal canal

Rectus sheath

Long fibrous sheath encloses the rectus abdominis and pyramidalis muscle (if present)

1-Contents and boundaries

2- tendinous intersection

3- linea semilunaris

4- the description of rectus sheath on 3 levels: above costal margin / between costal margin and anterior superior iliac spine / between anterior superior iliac spine and pubis

Inguinal triangle (Hesselbach triangle)

Boundaries: Base: inguinal ligament

Lateral boarder: inferior epigastric vessels

Medial boarder: lateral boarder of rectus sheath

It's a weak area of abdominal wall where hernia can protrude (**direct hernia**)