

Netter's Anatomy Flash Cards – Section 7 – List 4th Edition

<https://www.memrise.com/course/1577594/>

Section 7		Lower Limb (72 cards)
Plate 7-1		Hip (Coxal) Bone: Lateral View
1.1	Posterior superior iliac spine	
1.2	Posterior inferior iliac spine	
1.3	Greater sciatic notch	
1.4	Body of ilium	
1.5	Body of ischium	
1.6	Ischial tuberosity	
1.7	Pubic tubercle	
1.8	Acetabulum	
1.9	Iliac crest	
Plate 7-2		Hip (Coxal) Bone: Medial View
2.1	Wing (ala) of ilium (iliac fossa)	
2.2	Pecten pubis (pectineal line)	
2.3	Ramus of ischium	
2.4	Lesser sciatic notch	
2.5	Ischial spine	
2.6	Articular surface (for sacrum)	
2.7	Iliac tuberosity	
Plate 7-3		Hip Joint: Lateral View
3.1	Lunate (articular) surface of acetabulum	
3.2	Articular cartilage	
3.3	Head of femur	
3.4	Ligament of head of femur (<i>cut</i>)	
3.5	Obturator membrane	
3.6	Acetabular labrum (fibrocartilaginous)	
Plate 7-4		Hip Joint: Anterior and Posterior Views
4.1	Iliofemoral ligament (Y ligament of Bigelow)	
4.2	Pubofemoral ligament	
4.3	Iliofemoral ligament	
4.4	Ischiofemoral ligament	
Plate 7-5		Femur
5.1	Greater trochanter	
5.2	Shaft (body)	
5.3	Lateral epicondyle	
5.4	Lateral condyle	
5.5	Medial condyle	
5.6	Medial epicondyle	
5.7	Adductor tubercle	
5.8	Linea aspera (Medial lip; Lateral lip)	
5.9	Lesser trochanter	
5.10	Intertrochanteric crest	
5.11	Neck	
5.12	Head	
Plate 7-6		Tibia and Fibula
6.1	Lateral condyle	
6.2	Apex, Head, and Neck of fibula	
6.3	Fibula	
6.4	Lateral malleolus	
6.5	Medial malleolus	
6.6	Tibia	
6.7	Tibial tuberosity	
6.8	Medial condyle	
6.9	Superior articular surfaces (medial and lateral facets)	
6.10	Malleolar fossa of lateral malleolus	

Plate 7-7	Knee: Cruciate and Collateral Ligaments
7.1	Anterior cruciate ligament
7.2	Popliteus tendon
7.3	Fibular collateral ligament
7.4	Lateral meniscus
7.5	Transverse ligament of knee
7.6	Tibial collateral ligament
7.7	Lateral meniscus
7.8	Anterior cruciate ligament
7.9	Posterior cruciate ligament
7.10	Posterior cruciate ligament
Plate 7-8	Knee: Interior (Superior View)
8.1	Lateral meniscus
8.2	Iliotibial tract blended into capsule
8.3	Patellar ligament
8.4	Anterior cruciate ligament
8.5	Synovial membrane
8.6	Medial meniscus
8.7	Oblique popliteal ligament
Plate 7-9	Knee: Interior (Inferior View)
9.1	Popliteus tendon
9.2	Fibular collateral ligament
9.3	Anterior cruciate ligament
9.4	Arcuate popliteal ligament
9.5	Tibial collateral ligament (superficial and deep parts)
9.6	Suprapatellar synovial bursa
9.7	Patellar ligament
Plate 7-10	Bones of Foot
10.1	Talus (Head; Trochlea)
10.2	Calcaneus (Body; Tuberosity)
10.3	Cuboid
10.4	Navicular
10.5	Cuneiform bones
10.6	Sesamoid bone
10.7	Calcaneus (Tuberosity; Sustentaculum tali)
10.8	Phalanges
10.9	Metatarsal bones
10.10	Navicular
Plate 7-11	Ligaments and Tendons of Ankle: Lateral View
11.1	Anterior and Posterior tibiofibular ligaments
11.2	Superior fibular (peroneal) retinaculum
11.3	Inferior fibular (peroneal) retinaculum
11.4	Fibularis (peroneus) brevis tendon
11.5	Bifurcate ligament (Calcaneonavicular ligament; Calcaneocuboid ligament)
11.6	Components of lateral (collateral) ligament of ankle (posterior talofibular ligament; Calcaneofibular ligament; Anterior talofibular ligament)
Plate 7-12	Ligaments and Tendons of Ankle: Medial View
12.1	Medial (deltoid) ligament of ankle (Posterior tibiotalar part; Tibiocalcaneal part; Tibionavicular part; Anterior tibiotalar part)
12.2	Plantar calcaneonavicular (spring) ligament
12.3	Long plantar ligament
12.4	Calcaneal (Achilles) tendon (<i>cut</i>)
Plate 7-13	Ligaments and Tendons of Foot: Plantar View
13.1	Deep transverse metatarsal ligaments
13.2	Plantar ligaments (plates)
13.3	Plantar metatarsal ligaments
13.4	Fibularis (peroneus) longus tendon
13.5	Long plantar ligament
13.6	Plantar calcaneonavicular (spring) ligament
13.7	Sesamoid bones

13.8	Interphalangeal joint
Plate 7-14	Muscles of Lower Limb
14.1	Psoas major muscle
Plate 7-15	Muscles of Lower Limb
15.1	Iliacus muscle
Plate 7-16	Muscles of Hip and Thigh: Lateral View
16.1	Tensor fasciae latae muscle
Plate 7-17	Muscles of Thigh: Anterior View
17.1	Sartorius muscle
Plate 7-18	Muscles of Thigh: Anterior View
18.1	Rectus femoris muscle
Plate 7-19	Muscles of Thigh: Anterior View
19.1	Vastus lateralis muscle
Plate 7-20	Muscles of Thigh: Anterior View
20.1	Vastus intermedius muscle
Plate 7-21	Muscles of Thigh: Anterior View
21.1	Vastus medialis muscle
Plate 7-22	Muscles of Thigh: Anterior View
22.1	Pectineus muscle
Plate 7-23	Muscles of Thigh: Anterior View
23.1	Adductor longus muscle
Plate 7-24	Muscles of Thigh: Anterior View
24.1	Adductor brevis muscle
Plate 7-25	Muscles of Thigh: Anterior View
25.1	Obturator externus muscle
Plate 7-26	Muscles of Thigh: Anterior View
26.1	Adductor magnus muscle
Plate 7-27	Muscles of Thigh: Anterior View
27.1	Gracilis muscle
Plate 7-28	Muscles of Hip and Thigh: Posterior View
28.1	Gluteus maximus muscle
Plate 7-29	Muscles of Hip and Thigh: Posterior View
29.1	Gluteus medius muscle
Plate 7-30	Muscles of Hip and Thigh: Posterior View
30.1	Gluteus minimus muscle
Plate 7-31	Muscles of Hip and Thigh: Posterior View
31.1	Piriformis muscle
Plate 7-32	Muscles of Hip and Thigh: Posterior View
32.1	Superior gemellus muscle
32.2	Inferior gemellus muscle
Plate 7-33	Muscles of Hip and Thigh: Posterior View
33.1	Obturator internus muscle
Plate 7-34	Muscles of Hip and Thigh: Posterior View
34.1	Quadratus femoris muscle
Plate 7-35	Muscles of Hip and Thigh: Posterior View
35.1	Semitendinosus muscle
Plate 7-36	Muscles of Hip and Thigh: Posterior View
36.1	Semimembranosus muscle
Plate 7-37	Muscles of Hip and Thigh: Posterior View
37.1	Biceps femoris muscle: Short head
37.2	Biceps femoris muscle: Long head
Plate 7-38	Thigh Muscles
38.1	Sartorius muscle
38.2	Tensor fasciae latae muscle
38.3	Vastus lateralis muscle
38.4	Biceps femoris muscle (Short head; Long head)
38.5	Adductor magnus muscle
38.6	Gracilis muscle
38.7	Semitendinosus muscle
38.8	Gracilis muscle

Plate 7-39	Muscles of Leg: Lateral View
39.1	Fibularis (peroneus) longus muscle
Plate 7-40	Muscles of Leg: Lateral View
40.1	Fibularis (peroneus) brevis muscle
Plate 7-41	Muscles of Leg (Superficial Dissection)
41.1	Tibialis anterior muscle
Plate 7-42	Muscles of Leg (Superficial Dissection)
42.1	Extensor hallucis longus muscle
Plate 7-43	Muscles of Leg (Superficial Dissection)
43.1	Extensor digitorum longus muscle
Plate 7-44	Muscles of Leg: Posterior View
44.1	Gastrocnemius muscle
Plate 7-45	Muscles of Leg: Posterior View
45.1	Soleus muscle
Plate 7-46	Muscles of Leg: Posterior View
46.1	Plantaris muscle
Plate 7-47	Muscles of Leg: Posterior View
47.1	Popliteus muscle
Plate 7-48	Muscles of Leg (Deep Dissection): Posterior
48.1	Flexor hallucis longus muscle
Plate 7-49	Muscles of Leg (Deep Dissection): Posterior
49.1	Flexor digitorum longus muscle
Plate 7-50	Muscles of Leg (Deep Dissection): Posterior
50.1	Tibialis posterior muscle
Plate 7-51	Leg: Cross Section
51.1	Tibialis anterior muscle
51.2	Extensor digitorum longus muscle
51.3	Fibularis (peroneus) brevis muscle
51.4	Gastrocnemius muscle (lateral head)
51.5	Flexor hallucis longus muscle
51.6	Flexor digitorum longus muscle
51.7	Tibialis posterior muscle
Plate 7-52	Muscles of Sole of Foot: First Layer
52.1	Abductor hallucis muscle
Plate 7-53	Muscles of Sole of Foot: First Layer
53.1	Flexor digitorum brevis muscle
Plate 7-54	Muscles of Sole of Foot: First Layer
54.1	Abductor digiti minimi muscle
Plate 7-55	Muscles of Sole of Foot: Second Layer
55.1	Flexor hallucis brevis muscle
Plate 7-56	Muscles of Sole of Foot: Second Layer
56.1	Quadratus plantae muscle
Plate 7-57	Muscles of Sole of Foot: Second Layer
57.1	Flexor digiti minimi brevis muscle
Plate 7-58	Muscles of Sole of Foot: Second Layer
58.1	Lumbrical muscles
Plate 7-59	Muscles of Sole of Foot: Third Layer
59.1	Adductor hallucis muscle (transverse and oblique heads)
Plate 7-60	Muscles of Foot
60.1	Dorsal interossei muscles
Plate 7-61	Muscles of Foot
61.1	Plantar interossei muscles
Plate 7-62	Lumbar Plexus
62.1	Subcostal nerve (T12)
62.2	Iliohypogastric nerve
62.3	Ilio-inguinal nerve
62.4	Lateral femoral cutaneous nerve
62.5	Femoral nerve
62.6	Obturator nerve
62.7	Lumbosacral trunks

Plate 7-63		Nerves of Gluteal Region and Thigh: Posterior View
63.1	Inferior gluteal artery and nerve	
63.2	Pudendal nerve	
63.3	Posterior cutaneous nerve of thigh	
63.4	Sciatic nerve	
63.5	Tibial nerve	
63.6	Common fibular (peroneal) nerve	
63.7	Superior gluteal artery and nerve	
Plate 7-64		Common Fibular (Peroneal) Nerve
64.1	Common fibular (peroneal) nerve (L4, L5, S1, S2)	
64.2	Superficial fibular (peroneal) nerve	
64.3	Medial dorsal cutaneous nerve	
64.4	Intermediate dorsal cutaneous nerve	
64.5	Lateral dorsal cutaneous nerve (branch of sural nerve)	
64.6	Dorsal digital nerves	
64.7	Deep fibular (peroneal) nerve	
Plate 7-65		Tibial Nerve
65.1	Tibial nerve (L4, L5, S1, S2, S3)	
65.2	Medial sural cutaneous nerve (<i>cut</i>)	
65.3	Medial plantar nerve	
65.4	Tibial nerve	
65.5	Lateral plantar nerve	
65.6	Lateral sural cutaneous nerve (<i>cut</i>)	
65.7	Common fibular (peroneal) nerve	
Plate 7-66		Superficial Nerves and Veins of Lower Limb: Anterior View
66.1	Lateral femoral cutaneous nerve	
66.2	Saphenous opening (fossa ovalis)	
66.3	Anterior femoral cutaneous nerves of thigh (from femoral nerve)	
66.4	Branches of lateral sural cutaneous nerve (from common fibular [peroneal] nerve)	
66.5	Dorsal metatarsal veins	
66.6	Dorsal venous arch	
66.7	Great saphenous vein	
66.8	Saphenous nerve (terminal branch of femoral nerve)	
66.9	Cutaneous branches of obturator nerve	
66.10	Great saphenous vein	
66.11	Femoral vein	
Plate 7-67		Superficial Nerves and Veins of Lower Limb: Posterior View
67.1	Middle cluneal nerves (from dorsal rami of S1, S2, S3)	
67.2	Branches of posterior cutaneous nerve of thigh	
67.3	Great saphenous vein	
67.4	Small saphenous vein	
67.5	Sural nerve	
67.6	Lateral sural cutaneous nerve (from common fibular [peroneal] nerve)	
67.7	Inferior cluneal nerves (from posterior cutaneous nerve of thigh)	
67.8	Superior cluneal nerves (from dorsal rami of L1, L2, L3)	
Plate 7-68		Arteries of Thigh and Knee: Schema
68.1	Femoral artery	
68.2	Deep artery of thigh	
68.3	Superior lateral genicular artery	
68.4	Anterior tibial artery	
68.5	Fibular (peroneal) artery (<i>phantom</i>)	
68.6	Posterior tibial artery (<i>phantom</i>)	
68.7	Inferior medial genicular artery (<i>partially in phantom</i>)	
68.8	Popliteal artery (<i>phantom</i>)	
68.9	Medial circumflex femoral artery	
68.10	Obturator artery	
Plate 7-69		Arteries of Leg: Anterior View
69.1	Superior lateral genicular artery	
69.2	Anterior tibial artery	
69.3	Anterior lateral malleolar artery	

69.4	Dorsal digital arteries
69.5	Arcuate artery
69.6	Medial tarsal artery
69.7	Dorsalis pedis artery
69.8	Inferior medial genicular artery
Plate 7-70	Arteries of Leg: Posterior View
70.1	Popliteal artery and tibial nerve
70.2	Posterior tibial artery
70.3	Medial plantar artery and nerve
70.4	Lateral plantar artery and nerve
70.5	Fibular (peroneal) artery (Perforating branch and Communicating branch)
70.6	Fibular (peroneal) artery
70.7	Fibular (peroneal) artery
70.8	Anterior tibial artery
Plate 7-71	Arteries of Sole of Foot
71.1	Plantar metatarsal arteries
71.2	Deep plantar arterial arch and deep branches of lateral plantar nerve
71.3	Lateral plantar artery and nerve
71.4	Medial plantar artery and nerve
71.5	Deep branches of medial plantar artery and nerve
71.6	Superficial branches of medial plantar artery and nerve
71.7	Plantar digital artery proper of superficial branch of medial plantar artery
Plate 7-72	Summary of Lower Limb Arteries
72.1	Femoral artery
72.2	Deep femoral (profunda femoris) artery
72.3	Superior medial and lateral genicular arteries
72.4	Posterior tibial artery (<i>phantom</i>)
72.5	Anterior tibial artery
72.6	Fibular artery
72.7	Dorsal digital arteries
72.8	Arcuate artery
72.9	Dorsalis pedis artery (dorsal artery of foot)
72.10	Popliteal artery
72.11	Medial circumflex femoral artery