1. Superficial fascia of the thigh

(It contains cutaneous nerves and lymph nodes)

I- Cutaneous nerve supply (SENSORY)

- Front

1- Ilioinguioal N.(upper anteromedial thigh and partially the external genitalia).

2-The femoral branch of genitofemoral N.

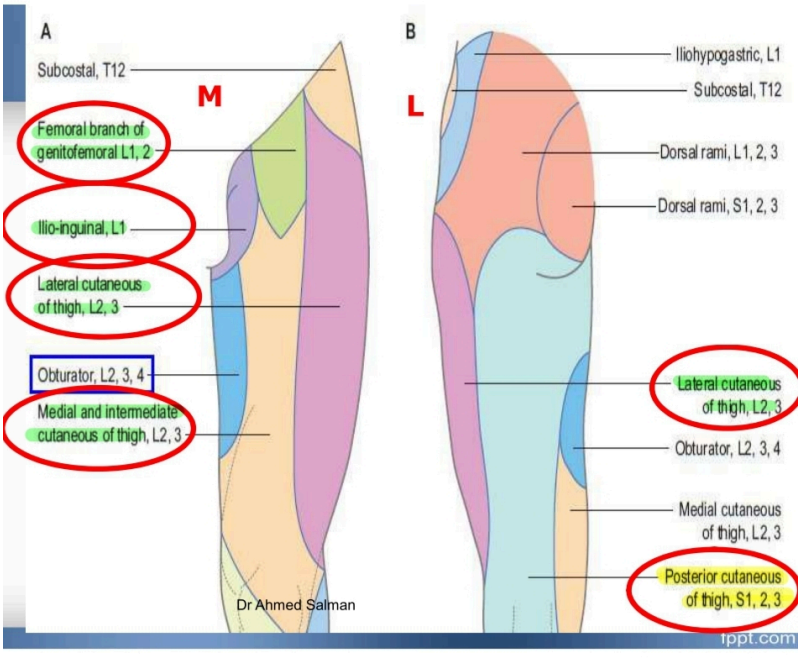
3. The lateral cutaneous nerve of the thigh (lateral 1/3).

4. Intermediate cutaneous N. of the thigh (Intermediate 1/3).

5. The medial cutaneous N. (Medial 1/3) (4,5 are branches of femoral nerve).

- Posterior

Posterior cutaneous nerve of the thigh.



II-Superficial Inguinal Lymph Nodes

▪ It is T shaped ,it has medial and lateral horizontal group below the inguinal ligament and a vertical group along the upper part of the great saphenous vein.

Affernet

L

M

▪Superficial parts of the buttock.
▪ Back below the iliac crest.

ALL The lower limb EXCEPT the lateral side of the foot and leg, which drains the popliteal lymph nodes.

▪ The infraumbilical part of the anterior abdominal wall.
▪ The perineum, external genitalia and lower part of anal canal.

Efferent

Deep inguinal lymph nodes

2. Deep Fascia of the thigh (Fascia Lata)

Fascia lata Is a strong fibrous sheet that surrounds the whole of the thigh like a tight trousers.

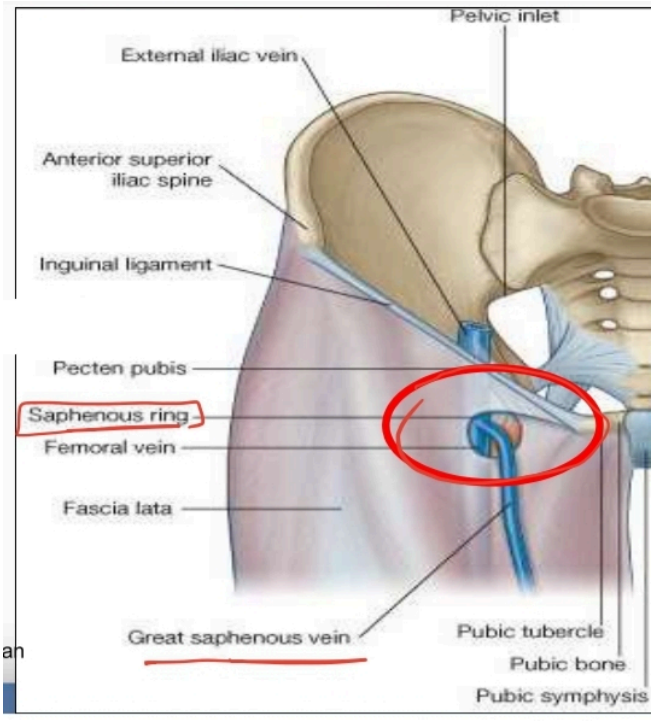
☆ The Saphenous Opening:

- It is an oval opening in the supero medial part of the fascia lata.

- It is covered by the cribriform fascia.

Structures pass through cribriform fascia

1. Great saphenous vein .
2. The 3 superficial branches of the femoral artery.
3. Efferent lymphatics from the superficial inguinal lymph nodes.



3. Iliotibial tract

- The deep fascia of the thigh is thickened laterally .

● Attachment :

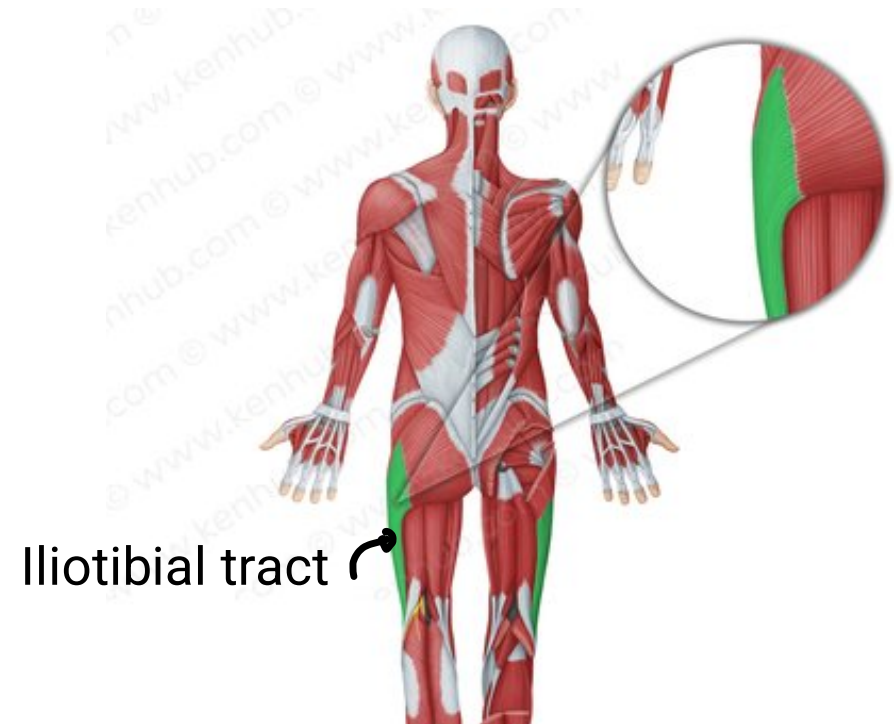
Above : iliac tubercle.

Below : the lateral condyle of the tibia.

☆ It receives the insertion of the tensor fasciae latae and gluteus maximus muscles.

Function :

1. Help in knee extension.
2. Steadies femur on the tibia.



4. Femoral Triangle

It is located in the front of the upper third of the thigh.

1. Boundaries :

Medial :Adductor Longus .
Lateral :Sartorius .
Base :Inguinal Ligament .

2. Floor :it is made by from lateral to medial:

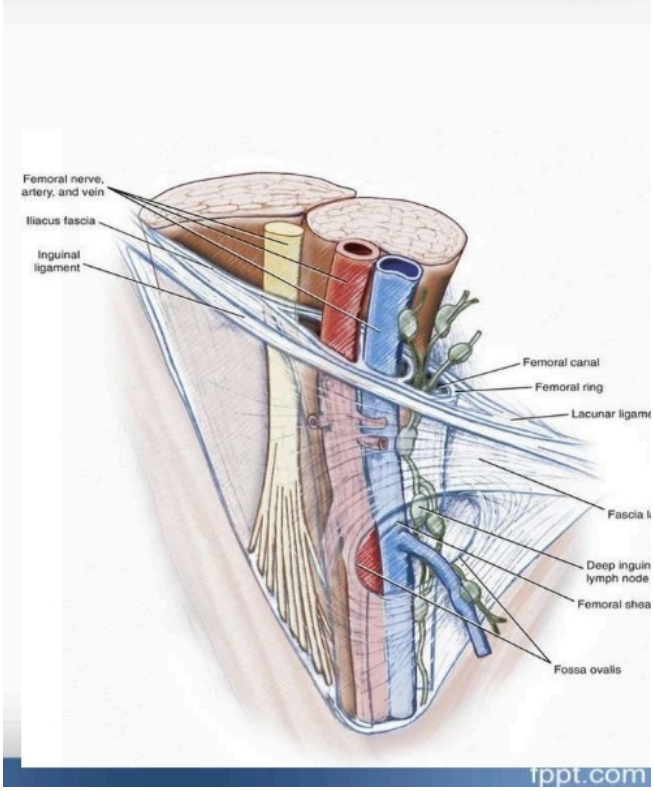
Iliopsoas muscle , Pectineus muscle, and adductor longus .

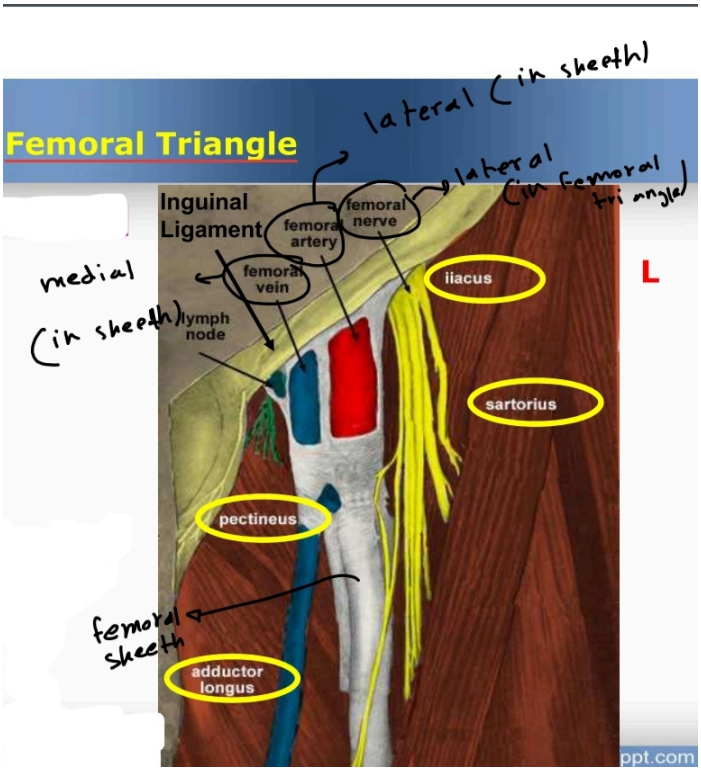
3. Apex : meeting of medial and lateral borders.

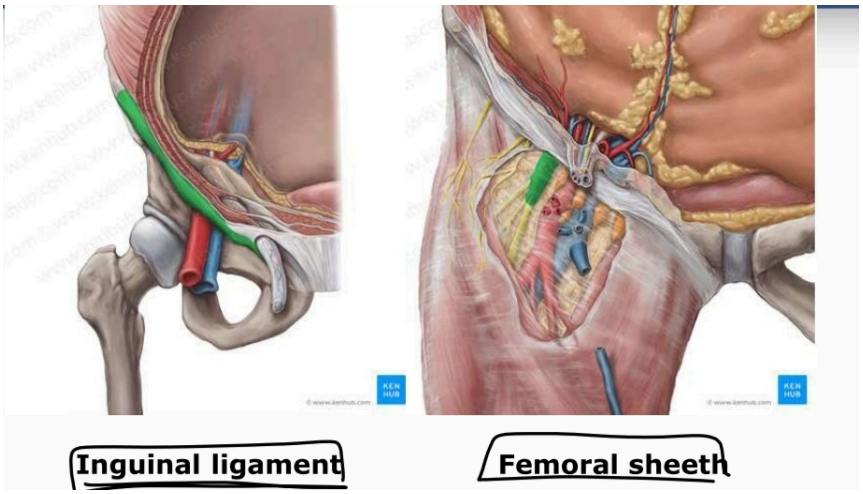
4. Roof :skin ,superficial, and deep Fascia containing the Saphenous opining.

5. Contents :

1- The femoral sheath.
2- The femoral artery and its branches.
3- The femoral vein and its tributarie.
4- terminal part of the femoral nerve and its branches.
5-Femoral branch of genitofemoral nerve.
6- Lateral cutaneous nerve of the thigh.
7- Deep inguinal lymph nodes.







5. Femoral sheath

It is a sheath of fascia that surrounds the upper 1/3 of femoral vessels.

☆ It has three compartments :

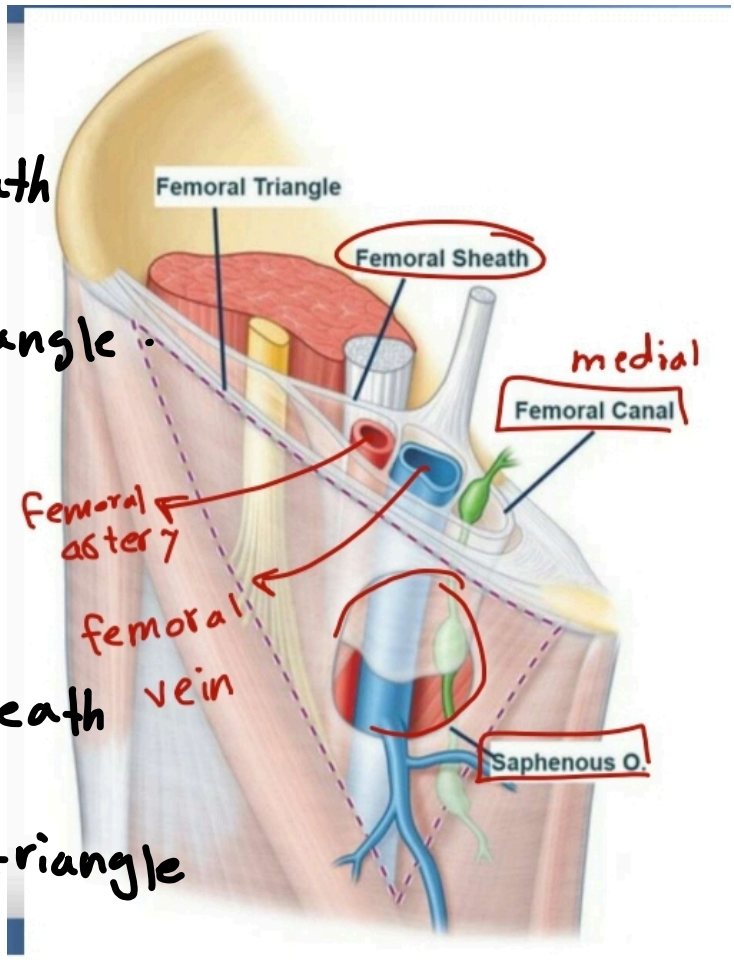
1- Lateral compartment : Femoral artery and femoral branch of the genitofemoral nerve.

2-Intermediate compartment: Femoral vein.

3-Medial compartment : Femoral canal.

femoral artery
- lateral in the sheath
- medial in the triangle.

femoral nerve
- medial in the sheath
- lateral in the triangle



6. Femoral canal

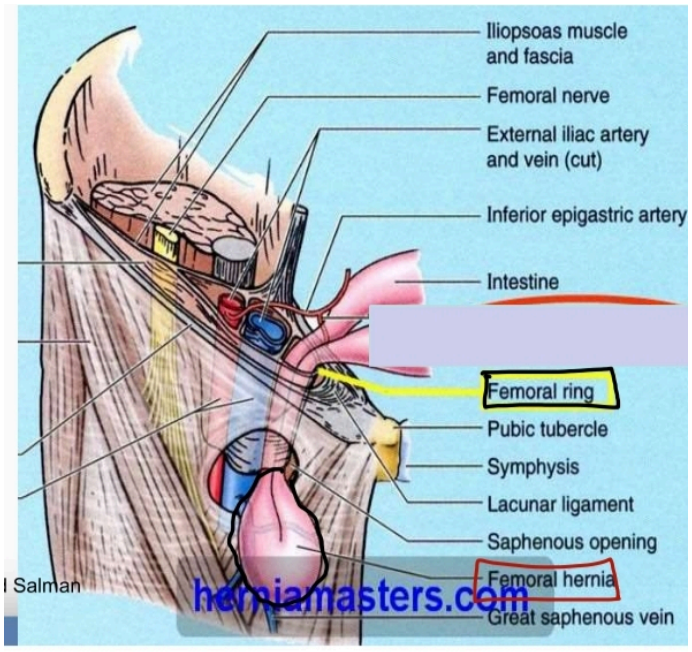
The femoral canal opens in the abdominal cavity by femoral ring.

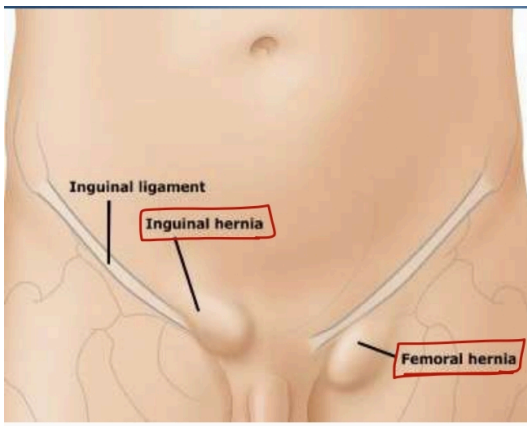
☆ Advantage of the femoral canal:

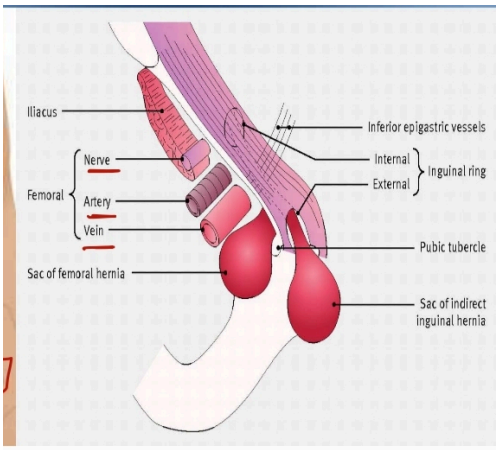
It allows distension of the femoral vein, which occurs with the increased venous return during muscular exercise.

☆ Disadvantage of the femoral canal It gives passage for femoral hernia.

● The femoral ring is wider in females than male, so femoral hernia is common in females.







7. Adductor (Subsartorial) canal

☆ Location : It occupies the medial side of the middle 1/3 of the thigh.

☆ Boundaries:

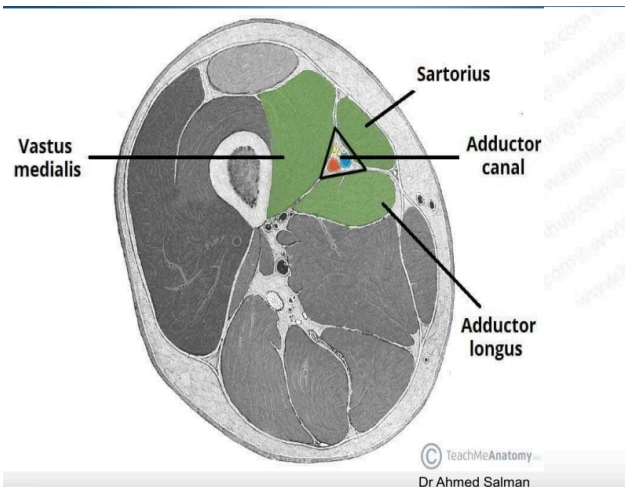
1. Anterotaterally: vastus medialis muscle.
2. Anteromedially: sartorius muscle.
3. Posteriorly: adductor longus above and adductor magnus below.

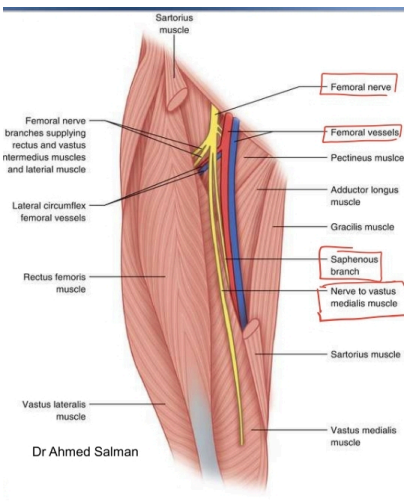
☆ Beginning : at the apex of the femoral triangle.

☆ Termination At the opening of adductor magnus Where it becomes continuous with popliteal fossa .

☆ Contents :

1.Femoral A. 2. Femoral V.
3. Saphenous N. 4- Nerve to vastus medialis





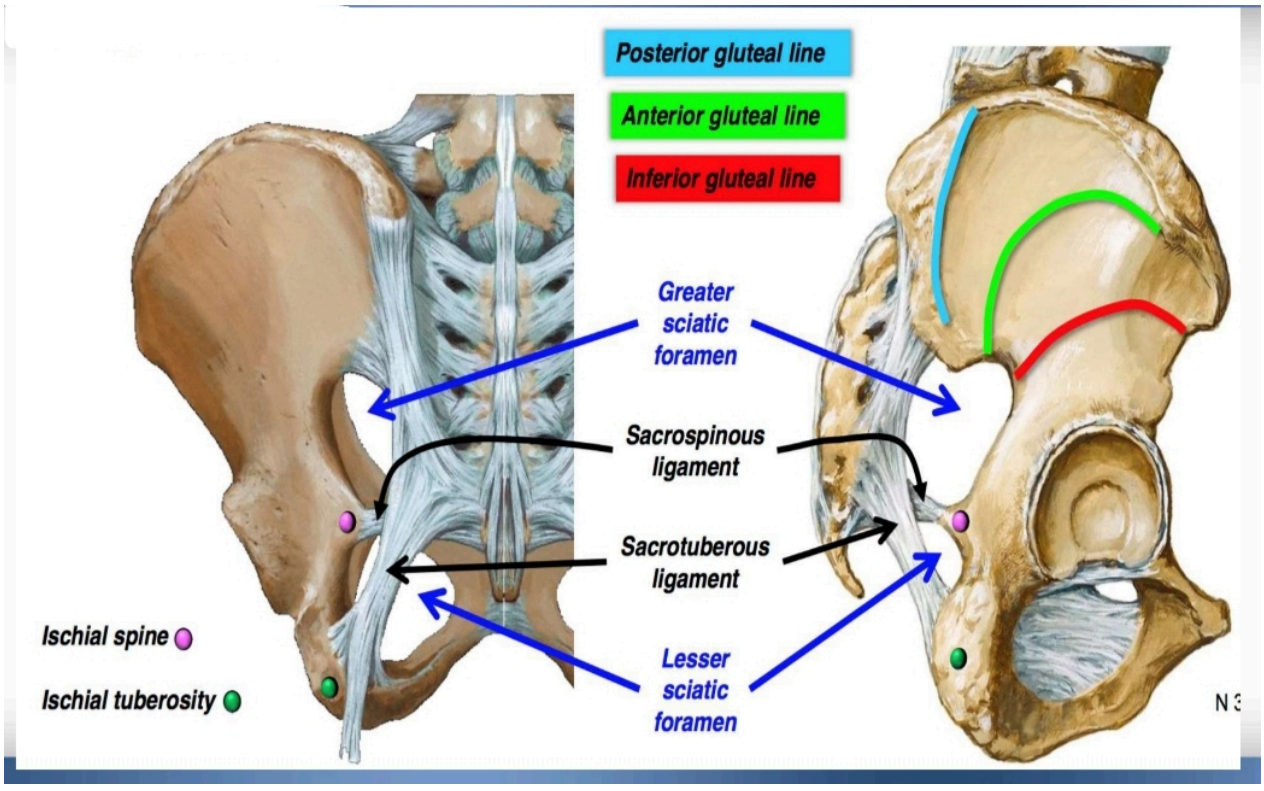
8. Greater and lesser sciatic foramens

1. Sacrospinous ligament between ischial spine and back of sacrum & coccyx.

2. Sacrotuberous ligament Between ischial tuberosity and back of sacrum & coccyx.

3. Greater sciatic foramen between greater sciatic notch, sacrospinous, and sacrotuberous ligaments.

4. Lesser sciatic foramen Between lesser sciatic notch, sacrospinous, and sacrotuberous ligaments.



☆ Structures Passing in Greater and Lesser Sciatic Foramen

1. Greater sciatic foramen (7 nerves+3 vesseles+1 muscle)

- Above Piriformis : Superior gluteal nerve and vessels.

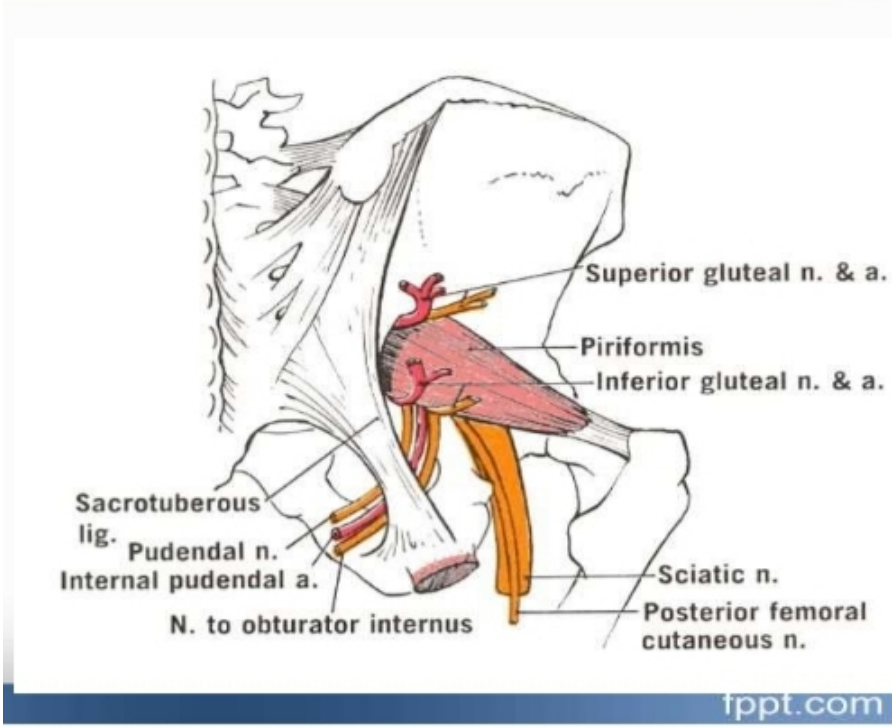
- Below Piriformis :
- Sciatic nerve
- Posterior cutaneous nerve of the thigh
- Inferior Gluteal nerve and vessels
- Nerve to Quadratus femoris
- Pudendal nerve
- Internal pudendal vessels
- Nerve to Obturator Internus

Note that each foramen contains a muscle.

Greater sciatic foramen : Piriformis .
Lesser Sciatic foramen : Obturator Internus.

2. Lesser Sciatic foramen

- Pudendal nerve
- Internal pudendal vessels
- Nerve to Obturator Internus

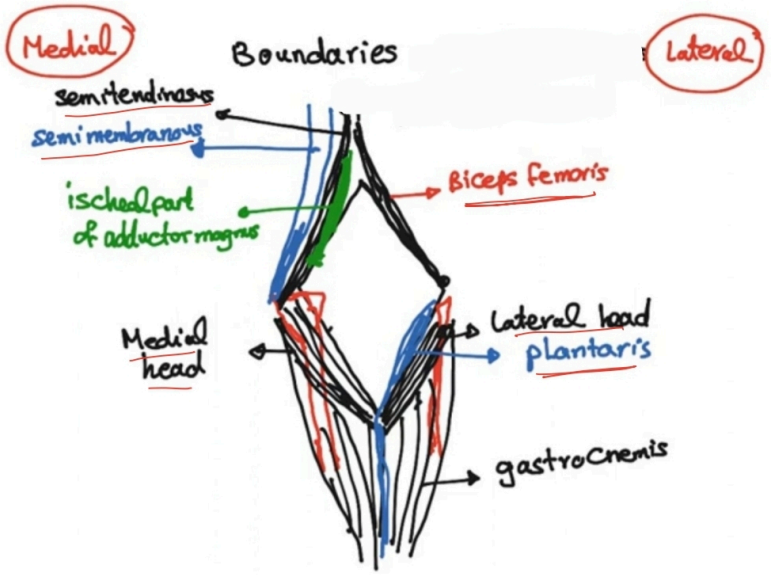


9. Popliteal fossa

☆ Location: Posterior to the knee joint.

☆ Boundaries:

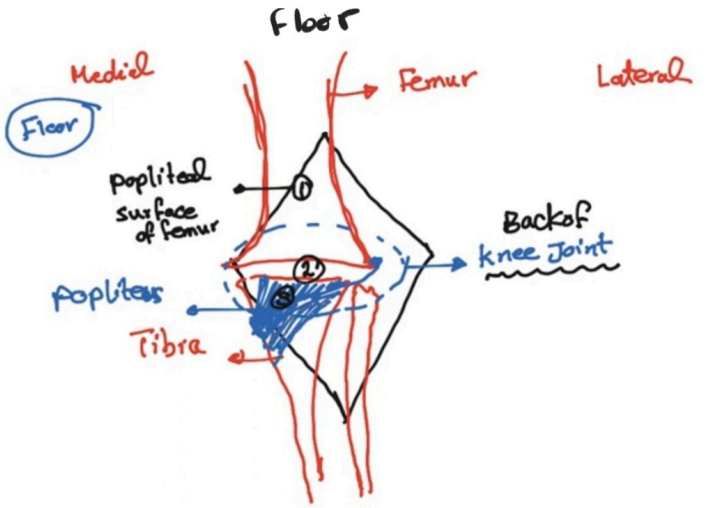
1. Above and lateral: biceps femoris.
2. Above and medial: semitendinosus and semimembranosus.
3. Below and lateral: lateral head of gastrocnemius and plantaris.
4. Below and medial: medial head of gastrocnemius.



☆ Roof: Skin and Deep fascia.

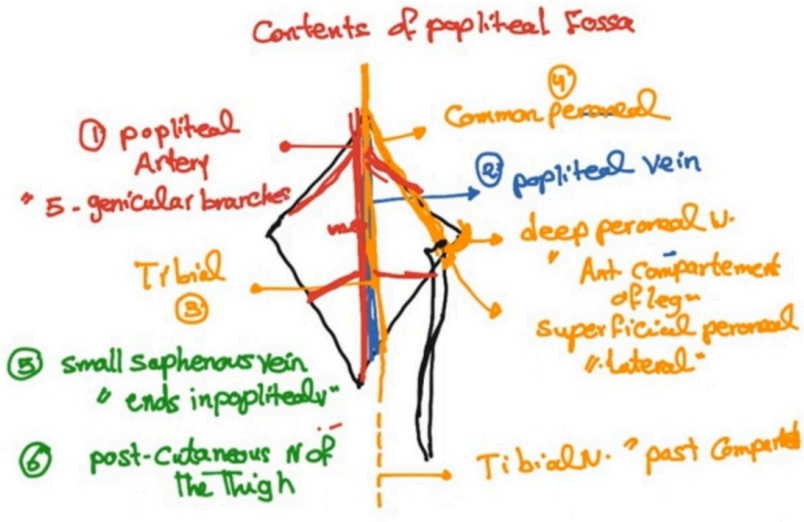
☆ Floor:

1. Popliteal surface of the femur.
2. Capsule of the knee joint.
3. Popliteus muscle.



☆ Contents :

1-Popliteal artery (Most deep).
2-The common peroneal nerve (lateral popliteal nerve) .
3- Tibial nerve(medial popliteal nerve).
4- The posterior cutaneous nerve of the thigh.
5- The small saphenous vein.
6- Popliteal vein.



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10. Sole of the Foot

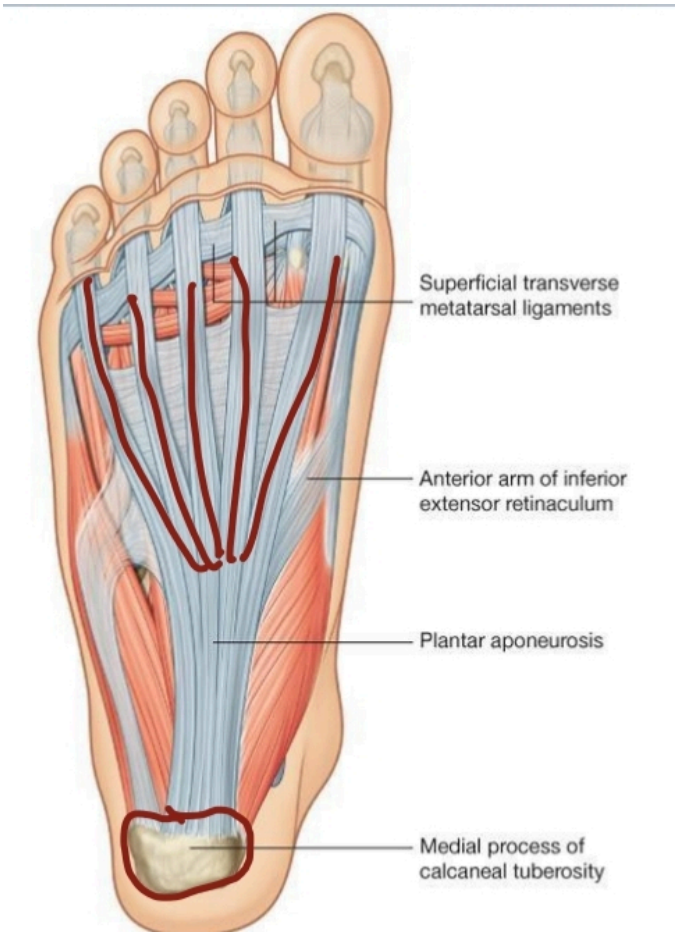
Plantar aponeurosis : It is a triangular thickening of the deep fascia of sole.

☆ Attachment :

apex: is attached to the medial and lateral tubercles of the calcaneus.

base : it divides into five slips that pass into the toes.

☆ Function : protects the underlying nerves, blood vessels, and muscles.

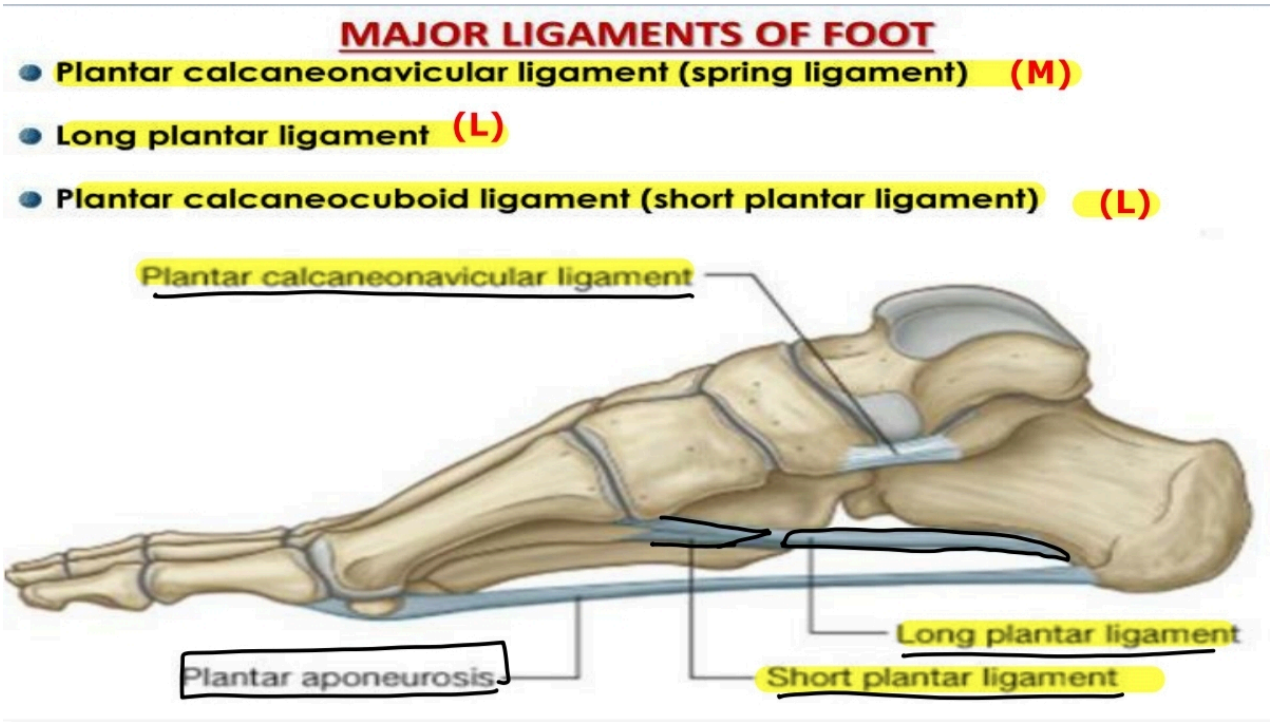


11. Important ligament of the Foot

1. Plantar calcaneonavicular ligament (spring ligament).

2. Short plantar ligament : lies deep to the above ligament, extends from calcaneus to cuboid bone.

3. Long plantar ligament : from calcaneus and cuboid to the bases of the middle 3 metatarsal bones.



12. The Arches of the Foot

A segmented structure can hold up weight only if it is built in the form of an arch.

☆ Normally, the ball of the foot carries about 40% of the weight, and the heel carries about 60%.

Usually, the arches are fully developed by age 12 or 13.

☆ Function :

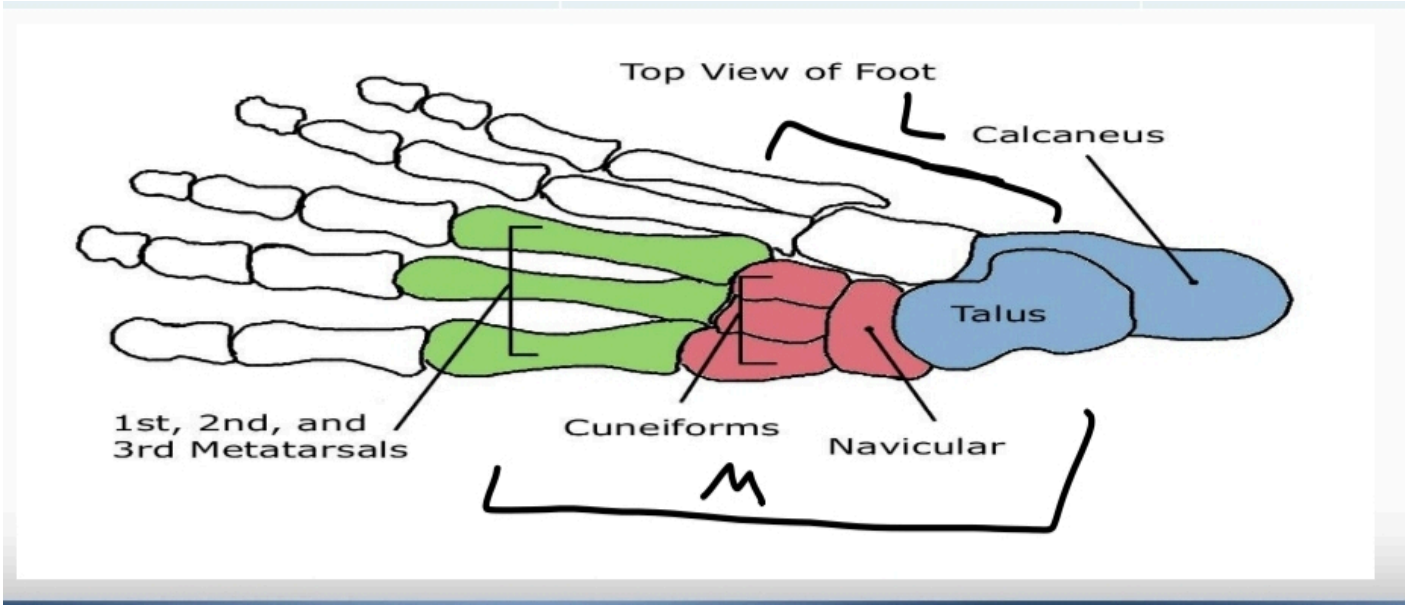
(1)Protect the soft tissues and neurovascular of the sole.
(2)Distribution of the body weight.

☆ The foot has three such arches :

1. Medial Longitudinal Arch.
2. lateral Longitudinal Arch.
3. Transverse Arch.

Arches of the foot

Medial Longitudinal Arch	Lateral Longitudinal Arch	Transverse arch
✓ Calcaneum, talus Navicular ✓ The 3 cuneiform bones ✓ The medial 3 metatarsals	✓ Calcaneum, cuboid ✓ Lateral 2 metatarsals.	✓ Bases of the 5 metatarsals. ✓ The 3 cuneiform and cuboid.



وَمَنْ لَمْ يَذُقْ مُرَّ التَّعَلُّمِ سَاعَةً تَجَرَّعَ ذُلَّ الْجَهْلِ طُولَ حَيَاتِهِ

بالتوفيق

Mays qashou