Exam I review sheet:

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General Anatomy:

* Know the different anatomical planes and movements, anatomical position
* Know the different types of fascia, difference between retinaculum, tendons and aponeurosis
* Know the classification of joints and examples for each type
* Know the difference between Osteoarthritis, Rheumatoid arthritis, Osteoporosis and Osteopetrosis
* Know the parts of a spinal nerve.
* Know the functional difference between roots and rami.
* Know what a rhizotomy is and why it is done
* Know which nerve is compressed during an IV disk herniation and when there is a tumor in the IVF foramen
* Know the differences between grey and white matter, grey and white rami communicant, ganglia and nucleus
* Know the different types of neurons
* Know the actions of ANS on various parts of the body
* Know the blood supply of the spinal cord
* Know which muscles of the back extend and flex the spinal column, as well as the ligaments that limit these movements
* Know the coverings and meningeal spaces of the spinal cord
* Know the production, circulation and drainage of CSF
* Know the normal anatomic landmarks for spinal tap
* Know the normal anatomic landmarks for epidural OR caudal anesthesia
* Know the various parts and features of vertebrae
* Know the ligaments attached vertebrae and different fractures of  the vertebrae in the neck region
* Know the ligaments of the vertebral column and normal and abnormal curvatures
* Know how to ID bones muscles in different radiological procedures

Back:

* Know all the back muscles ( extrinsic and intrinsic)  their  innervations and actions
* Know the boundaries and the content of the sub occipital triangle
* Know the functions of dorsal rami of C1
* Know the difference between Spondylosis and Spondylolisthesis

Upper limb:

* Know the location of veins and their clinical importance
* Know the different arteries of the upper limb  and their branches
* Know the formation of the arterial arches in  the palm
* Know   the importance of Allen test
* Know the location of radial artery at the wrist and tendons related to it.
* Know the boundaries, content  and clinical importance of  Anatomical snuff box
* Know the boundaries  and content of the cubital fossa
* Know the  structures passing through  carpal tunnel and functional loss in carpel tunnel syndrome
* Know the boundaries of the axilla
* Know the boundaries and content of  quadrangular  and triangular spaces
* Know the nerves and vessels  related to bones of the upper limb
* Know to ID different bony features, fractures  and  carpal bones in a X - Ray
* Know the arteries accompanying  nerves ( axillary, radial, medial and ulnar)
* Know the formation, location, distribution, injuries  of different parts of the brachial plexus
* Know how the brachial plexus can be damaged and which clinical symptoms the damage would produce
* Know the motor and sensory distribution of the various branches of the brachial plexus and their clinical testing
* Know the cutaneous innervation of upper limb
* Know the difference between  Golfers and Tennis elbow
* Know the ligaments, movements, muscles producing movements   and clinical anatomy of joints
* Know how to test Intrinsic muscles of the hand.
* Know the attachments of rotator cuff muscles, biceps brachii, brachialis, deltoid, FDS and FDP

Embryology:

* Know the various stages of Mitosis and meiosis
* Know the difference between Meiosis I and II
* Know the normal site of fertilization and implantation
* Know the sites and causes of abnormal implantation
* Know the different types of placenta
* Know the differences between primary, secondary and tertiary villi
* Know the difference between mono and dizygotic twins
* Know the process of gastrulation
* Know the process of neurulation and derivatives of neural crest cells
* Know the development of diaphragm
* Know the different types of prenatal diagnosis
* Know the major causes of intrauterine growth retardation
* Know the derivatives of the three germ layers