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ANATOMY

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THIRD EDITION

CASE FILES®: Anatomy

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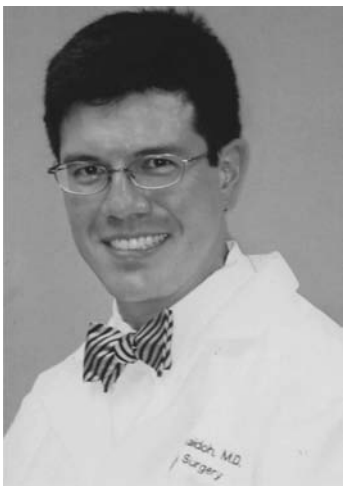
DEDICATION

Hitoshi "Toshi" Nikaidoh (1968–2003)



We dedicate this book to our dear friend, Dr. Toshi Nikaidoh, who led by example, always beyond the call of duty, and along the way, taught so many of us about so many important things about life.

As a surgeon-to-be, he tutored fellow lower-level medical students on not only how to master the challenges of gross anatomy but also how to develop the skillful art of dissection and respect for the human body.

As a spiritual leader, he taught his youth group not only the meaning of good fellowship by recalling good times spent on missionary travels abroad, but also the value of good worship by sharing his faith along the way.

As a physician, he taught patients not only to hope when all hope is lost but also to have faith through which peace can be found.

And as a friend, son, brother, or just that smiling doctor in the hallway with the bow tie, he taught us how truly possible it is for one person to make a world of difference.

Toshi's dedication to academics and education, his compassion for the sick and less fortunate, and his tireless devotion to his faith, family, and friends have all continued to touch and change lives of all who knew him, and even of all who only knew of him.

Miki Takase, MD
Fellow classmate
University of Texas Medical School at Houston
St. Joseph Medical Center Ob/Gyn Resident
Written on behalf of Toshi's many friends,
classmates, fellow residents, staff, and faculty at
University of Texas Medical School at Houston and
St. Joseph Medical Center

In the memory of Dr. Hitoshi Nikaidoh, who demonstrated unselfishness, love for his fellow man, and compassion for everyone around him. He is the best example of the physician healer, and we were blessed to have known him.

—ECT

To my wife, Irene; the children, Chip, Jennifer, Jocelyn, Tricia, and Trey; and the medical students, each of whom has taught me something of value.

—LMR

To my students and colleagues, who bring joy and advancement to the teaching of anatomy; and to my family for their endless support.

—HZ

To my parents Kiriaki and Alexander, and my wife Beth, for their support, love, and encouragement.

—CP

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PREFACE

We appreciate all the kind remarks and suggestions from the many medical students over the past 5 years. Your positive reception has been an incredible encouragement, especially in light of the short life of the *Case Files*® series. In this third edition of *Case Files®: Anatomy*, the basic format of the book has been retained. Improvements were made in updating many of the chapters. New cases include hydrocephalus, knee injury, peritoneal irritation, rotator cuff injury, and thoracic outlet syndrome. We reviewed the clinical scenarios with the intent of improving them; however, their "real-life" presentations patterned after actual clinical experience were accurate and instructive. The multiple-choice questions have been carefully reviewed and rewritten to ensure that they comply with the National Board and United States Medical Licensing Examination (USMLE) format. Through this third edition, we hope that the reader will continue to enjoy learning diagnosis and management through the simulated clinical cases. It certainly is a privilege to be teachers for so many students, and it is with humility that we present this edition.

The Authors

ACKNOWLEDGMENTS

The inspiration for this basic science series occurred at an educational retreat led by Dr. Maximillian Buja, who at the time was the dean of the medical school. Dr. Buja served as Dean of the University of Texas Medical School at Houston from 1995 to 2003 before being appointed Executive Vice President for Academic Affairs. It has been such a joy to work together with Dr. Lawrence Ross, who is a brilliant anatomist and teacher, and my new scientist author Dr. Han Zhang. Sitting side by side during the writing process as they precisely described the anatomical structures was academically fulfilling, but more so, made me a better surgeon. It has been a privilege to work with Dr. Cristo Papasakelariou, a dear friend, scientist, leader, and the finest gynecological laparoscopic surgeon I know. I would like to thank McGraw-Hill for believing in the concept of teaching by clinical cases. I owe a great debt to Catherine Johnson, who has been a fantastically encouraging and enthusiastic editor. It has been amazing to work together with my daughter Allison, who is a senior nursing student at the Scott and White School of Nursing; she is an astute manuscript reviewer and already early in her career she has a good clinical acumen and a clear writing style. Dr. Ross would like to acknowledge the figure drawings from the University of Texas Medical School at Houston originally published in Philo et al., *Guide to Human Anatomy,* Philadelphia: Saunders, 1985. At Methodist Hospital, I appreciate and am grateful to Drs. Mark Boom, Alan Kaplan, and Judy Paukert. At St. Joseph Medical Center, I would like to recognize our outstanding administrators: Pat Mathews and Paula Efird. I appreciate Linda Bergstrom's advice and assistance. Without the help from my colleagues, Drs. Konrad Harms, Priti Schachel, Gizelle Brooks-Carter, John McBride, and Russell Edwards, this manuscript could not have been written. Most importantly, I am humbled by the love, affection, and encouragement from my lovely wife, Terri, and our children, Andy and his wife Anna, Michael, Allison, and Christina.

Eugene C. Toy

INTRODUCTION

Mastering the diverse knowledge within a field such as anatomy is a formidable task. It is even more difficult to draw on that knowledge, relate it to a clinical setting, and apply it to the context of the individual patient. To gain these skills, the student learns best with good anatomical models or a well-dissected cadaver, at the laboratory bench, guided and instructed by experienced teachers, and inspired toward self-directed, diligent reading. Clearly, there is no replacement for education at the bench. Even with accurate knowledge of the basic science, the application of that knowledge is not always easy. Thus, this collection of patient cases is designed to simulate the clinical approach and stress the clinical relevance to the anatomical sciences.

Most importantly, the explanations for the cases emphasize the mechanisms and structure–function principles rather than merely rote questions and answers. This book is organized for versatility to allow the student "in a rush" to go quickly through the scenarios and check the corresponding answers or to consider the thought-provoking explanations. The answers are arranged from simple to complex: the bare answers, a clinical correlation of the case, an approach to the pertinent topic including objectives and definitions, a comprehension test at the end, anatomical pearls for emphasis, and a list of references for further reading. The clinical vignettes are listed by region to allow for a more synthetic approach to the material. A listing of cases is included in Section III to aid any students who desire to test their knowledge of a certain area or to review a topic including basic definitions. We intentionally used open-ended questions in the case scenarios to encourage the student to think through relations and mechanisms.

SECTION I

Applying Basic Sciences to Clinical Situations

Part 1. Approach to Learning

Learning anatomy consists not only in memorization but also in visualization of the relations between the various structures of the body and understanding their corresponding functions. Rote memorization will quickly lead to forgetfulness and boredom. Instead, the student should approach an anatomical structure by trying to correlate its purpose with its design. Structures that are close together should be related not only spatially but also functionally. The student should also try to project clinical significance to the anatomical findings. For example, if two nerves travel close together down the arm, one could speculate that a tumor, laceration, or ischemic injury might affect both nerves; the next step would be to describe the deficits expected on physical examination.

The student must approach the subject in a systematic manner, by studying the **skeletal** relations of a certain region of the body, the **joints**, the **muscular system**, the **cardiovascular system** (including arterial perfusion and venous drainage), the **nervous system** (such as sensory and motor neural innervations), and the **skin**. Each bone or muscle is unique and has advantages due to its structure and limitations or perhaps vulnerability to specific injuries. The student is encouraged to read through the description of the anatomical relation in a certain region, correlate illustrations of the same structures, and then try to envision the anatomy in three dimensions. For instance, if the anatomical drawings are in the coronal plane, the student may want to draw the same region in the sagittal or cross-sectional plane as an exercise to visualize the anatomy more clearly.

Part 2. Basic Terminology

Anatomical position: The basis of all descriptions in the anatomical sciences, with the head, eyes, and toes pointing forward; the upper limbs by the side with the palms facing forward; and the lower limbs together.

Anatomical planes: A section through the body, one of four commonly described planes. The **median plane** is a single vertically oriented plane dividing the body into right and left halves, whereas the **sagittal planes** are oriented parallel to the median plane but not necessarily in the midline. **Coronal planes** are perpendicular to the median plane and divide the body into anterior (front) and posterior (back) portions. **Transverse, axial, or cross-sectional planes** pass through the body perpendicular to the median and coronal planes and divide the body into upper and lower parts.

Directionality: Superior (cranial) is toward the head, whereas **inferior (caudal)** is toward the feet; **medial** is toward the midline, whereas **lateral** is away from the midline. **Proximal** is toward the trunk or attachment, whereas **distal** is away from the trunk or attachment. **Superficial** is near the surface, whereas **deep** is away from the surface.

Motion: Adduction is movement toward the midline, whereas **abduction** is movement away from the midline. **Extension** is straightening a part of the body, whereas **flexion** is bending the structure. **Pronation** is the action of rotating the palmar side

of the forearm facing posteriorly, whereas **supination** is the action of rotating the palmar side of the forearm anteriorly.

Part 3. Approach to Reading

The student should **read with a purpose** and not merely to memorize facts. Reading with the goal of comprehending the relation between structure and function is one of the keys to understanding anatomy. Also, the ability to relate the anatomical sciences to the clinical picture is critical. The following seven key questions are helpful in ensuring the effective application of basic science information to the clinical setting.

1. **Given the importance of a certain required function, which anatomical structure provides the ability to perform that function?**
2. **Given the anatomical description of a body part, what is its function?**
3. **Given a patient's symptoms, what structure is affected?**
4. **Which lymph nodes are most likely to be affected by cancer at a particular location?**
5. **If an injury occurs to one part of the body, what is the expected clinical manifestation?**
6. **Given an anomaly such as weakness or numbness, what other symptoms or signs would the patient most likely have?**
7. **What is the male or female homologue to the organ in question?**

Let us consider these seven issues in further detail.

1. **Given the importance of a certain required function, which anatomical structure provides the ability to perform that function?**

   The student should be able to relate the anatomical structure to a function. When approaching the upper extremity, for instance, the student may begin with the statement, "The upper extremity must be able to move in many different directions to be able to reach up (flexion), reach backward (extension), reach to the side (abduction), bring the arm back (adduction), or turn a screwdriver (pronation/supination)." Because the upper extremity must move in all these directions, the joint between the trunk and arm must be very versatile. Thus, the shoulder joint is a ball-and-socket joint to allow movement in the different directions required. Further, the shallower the socket is, the more mobility the joint has. However, the versatility of the joint makes its dislocation easier.

2. **Given the anatomical description of a body part, what is its function?**

   This is the counterpart to the previous question regarding the relation between function and structure. The student should try to be imaginative and not merely accept the textbook (rote) information. One should be inquisitive, perceptive,

and discriminating. For example, a student might speculate as to why bones contain marrow and are not completely solid and might theorize as follows: "The main purpose of bones is to support the body and protect various organs. If the bones were solid, they might be slightly stronger, but they would be much heavier and be a detriment to the body. Also, production of blood cells is a critical function of the body. Thus, by having the marrow within the center of the bone, the process is protected."

3. **Given a patient's symptoms, what structure is affected?**

   This is one of the most critical questions of clinical anatomy. It is also one of the major questions that a clinician must answer when evaluating a patient. In clinical problem solving, the physician elicits information by asking questions (taking the history) and performing a physical examination while making observations. The history is the single most important tool for making a diagnosis. A thorough understanding of the anatomy aids the clinician tremendously because most diseases affect body parts under the skin and require "seeing under the surface." For example, a clinical observation might be: "a 45-year-old woman complains of numbness of the perineal area and has difficulty voiding." The student might speculate as follows: "The sensory innervation of the perineal area is through sacral nerves S2 through S4, and control of the bladder is through the parasympathetic nerves, also S2 through S4. Therefore, two possibilities are a spinal cord problem involving those nerve roots or a peripheral nerve lesion. The internal pudendal nerve innervates the perineal region and is involved with micturition." Further information is supplied: "The patient states that she has experienced back pain since a fall 2 weeks ago." Now the lesion can be isolated to the spine, most likely the **cauda equina** ("horsetail"), which is a bundle of spinal nerve roots traversing through the cerebrospinal fluid.

4. **Which lymph nodes are most likely to be affected by cancer at a particular location?**

   The lymphatic drainage of a particular region of the body is important because cancer may spread through the lymphatics, and lymph node enlargement may result from infection. The clinician must be aware of these pathways to know where to look for metastasis (spread) of cancer. For example, if a cancer is located on the vulva labia majora (or the scrotum in the male), the most likely lymph node involved is a superficial inguinal node. The clinician would then be alert to palpating the inguinal region for lymph node enlargement, which would indicate an advanced stage of cancer and a worse prognosis.

5. **If an injury occurs to one part of the body, what is the expected clinical manifestation?**

   If a laceration, tumor, trauma, or bullet causes injury to a specific area of the body, it is important to know which crucial bones, muscles, joints, vessels, and nerves might be involved. Also, an experienced clinician is aware of particular vulnerabilities. For example, the thinnest part of the skull is located in the temporal region, and underneath this is the middle meningeal artery. Thus, a blow to the temple may be disastrous. A laceration to the middle meningeal artery

would lead to an epidural hematoma because this artery is located superficial to the dura and can cause cerebral damage.

6. **Given an anomaly such as weakness or numbness, what other symptoms or signs would the patient most likely have?**

   This requires a three-step process in analysis. The student must be able to (a) deduce the initial injury on the basis of clinical findings, (b) determine the probable site of injury, and (c) make an educated guess as to which other structures are in close proximity and, if injured, what the clinical manifestations would be. To develop skill in discerning these relationships, one can begin from a clinical finding, propose an anatomical deficit, propose a mechanism or location of the injury, identify another nerve or vessel or muscle in that location, propose the new clinical finding, and so on.

7. **What is the male or female homologue to the organ in question?**

   Knowledge of male–female homologous correlates is important in understanding the embryologic relations and, hence, the resultant anatomical relations because fewer structures need to be memorized, as homologous relations are easier to discern than are two separate structures. For example, the vascular supplies of homologous structures are usually similar. The ovarian arteries arise from the abdominal aorta below the renal arteries; likewise, the testicular arteries arise from the abdominal aorta.

KEY POINTS

- The student should approach an anatomical structure by visualizing the structure and understanding its function.
- A standard anatomical position is used as a reference for anatomical planes and terminology of movement.
- There are seven key questions to consider in ensuring the effective application of basic science information to the clinical arena.

REFERENCE

Moore KL, Agur AMR, Dalley AF. *Clinically Oriented Anatomy*, 6th ed. Baltimore, MD: Lippincott Williams & Wilkins, 2010.

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SECTION II

Clinical Cases

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CASE 1

A 32-year-old woman delivered a large (4800-g) baby vaginally after a somewhat difficult labor. Her prenatal course was complicated by diabetes, which developed during pregnancy. At delivery, the infant's head emerged, but the shoulders were stuck behind the maternal symphysis pubis, requiring the obstetrician to execute maneuvers to release the infant's shoulders and complete the delivery. The infant was noted to have a good cry and pink color but was not moving its right arm.

- What is the most likely diagnosis?
- What is the most likely etiology for this condition?
- What is the likely anatomical mechanism for this disorder?