

UPPER LIMB ANATOMICAL SPACES

The upper limb is a complex structure with many anatomical spaces. These spaces are defined by the bones, muscles, and ligaments of the upper limb. They are important for the passage of nerves, blood vessels, and lymphatics. The spaces are divided into the shoulder, elbow, forearm, and hand/wrist.

Shoulder: The shoulder is the most mobile joint in the human body. It is a ball-and-socket joint formed by the head of the humerus and the glenoid cavity of the scapula. The shoulder is surrounded by several muscles and ligaments. The main spaces in the shoulder are the subacromial space, the subscapular space, and the axillary space.

Elbow: The elbow is a hinge joint formed by the humerus, radius, and ulna. It is surrounded by several muscles and ligaments. The main spaces in the elbow are the olecranon bursa, the cubital tunnel, and the radial tunnel.

Forearm: The forearm is the part of the upper limb between the elbow and the wrist. It contains the radius and ulna bones. The main spaces in the forearm are the radial tunnel, the cubital tunnel, and the ulnar tunnel.

Hand/Wrist: The hand and wrist are the distal parts of the upper limb. They contain many small bones, muscles, and ligaments. The main spaces in the hand and wrist are the carpal tunnel, the ulnar tunnel, and the radial tunnel.

Other spaces: There are many other spaces in the upper limb, including the axilla, the cubital fossa, and the carpal tunnel. These spaces are important for the passage of nerves, blood vessels, and lymphatics.

References: Gray's Anatomy, 41st edn, 2012; Netter's Atlas of Human Anatomy, 6th edn, 2009.

Fig. 230.1 Upper limb anatomical spaces.

Fig. 230.2 Upper limb anatomical spaces.

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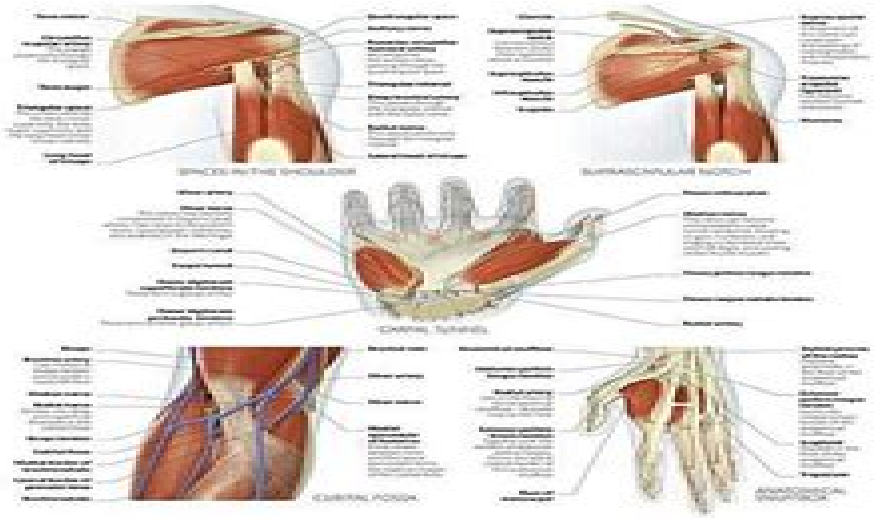
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Michael Rajnik



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Introduction to Massage Therapy Mary Beth Braun, Stephanie J. Simonson, 2008 This introductory textbook instills the skills and knowledge needed to become and excel as a professional massage therapist. Enhanced by full color illustrations and photographs, the text integrates functional anatomy, physiology, and pathology with massage therapy techniques and offers extensive 3D anatomical information. Communication, documentation, safety, self-care, and business practices are also covered. This edition features expanded coverage of hydrotherapy, Eastern techniques, sanitation, and hygiene. HIPAA and key topics tested on the National Certification Exam. Other new features include critical thinking exercises and boxes highlighting contraindications to massage or specific strokes. A bound-in Real Bodywork DVD features outstanding video clips of massage sequences.

Subject Guide to Books in Print, 1991

Spa Style Europe Ginger Lee, 2004 From its early emphasis on healing waters, Europe's rich spa tradition has evolved to incorporate different healing practices and therapies not just from Europe but from around the world. *Spa Style Europe* is a comprehensive guide to the intricate tapestry of popular modern spa treatments in Europe and those quality spas where you can enjoy them. *Spa Treatments* presents the historical, social, and cultural background of spas in Europe and tells you what you can expect from present-day spa treatments and therapies. Also included in this section are tips on how to benefit most fully from your spa experience and recipes for do-it-yourself treatments that you can easily try at home. The spa therapies are organized according to the key elements of Water, Fire, Earth, Air, and Harmony. *Spa Cuisine* brings some of the secrets of healthy eating into your home with delicious, nutritious, and innovative recipes provided by two French spas: *La Cuisine Synergique*, a three-day programme from Royal Parc Evian, and *Cuisine Minceur*, a one-day programme from Les Prealpes. You will discover how a synergy of ingredients and cooking methods can provide tasty and inventive meals that help to balance your body and optimize your energy levels. *Spa Digest*, arranged geographically, is an illustrated guide to 49 of Europe's quality spas. It provides insights into the character of each property and highlights their key treatments to help you plan your next spa visit. A fact-packed *Spa Statistics* column helps you establish at a glance the spa type, spa size, facilities, treatments, and therapies, provisions for couples, availability of spa cuisine services, recreation options, and contact details of each spa.

Manual of High Risk Pregnancy and Delivery Elizabeth S. Gilbert, 2010-06-01 Updated evidence based content includes the latest AHWONN standards of practice Patient safety and risk management strategies include updated approaches to improving outcomes reducing complications and increasing patient safety during high risk pregnancy and delivery New Venous Thromboembolic Disease chapter provides current information on this increasingly common condition Information on the latest assessment and monitoring devices keeps you current with today's technology Standardized terminology and definitions from the National Institute of Child Health Human Development NICHD lead to accurate and precise communication

DK Eyewitness Travel Guide Pacific Northwest DK Travel, 2017-01-16 The DK Eyewitness Pacific Northwest Travel Guide is your indispensable guide to this beautiful part of the world The fully updated guide includes unique cutaways floorplans and reconstructions of the must see sites plus street by street maps of all the fascinating cities and towns The new look guide also includes photographs and illustrations leading you straight to the best attractions on offer The uniquely visual DK Eyewitness Travel guide will help you to discover everything region by region from local festivals and markets to day trips around the countryside Detailed listings will guide you to the best hotels restaurants bars and shops for all budgets whilst detailed practical information will help you to get around whether by train bus or car Plus DK's excellent insider tips and essential local information will help you explore every corner of Pacific Northwest effortlessly DK Eyewitness Pacific Northwest Travel Guide showing you what others only tell you Winner of the Top Guidebook Series in the Wanderlust Reader Travel Awards 2017

Whitaker's Book List, 1991

Tappan's Handbook of Healing Massage Techniques Patricia J. Benjamin, Frances M. Tappan, 2010 This pioneering book in massage therapy provides basic information on the art and science of effective healing massage techniques in quick learn easy to understand terms Whether you're a licensed massage therapy practitioner health related professional or just interested in basic massage therapy techniques this is the book for you The authors carefully examine the foundations of healing massage western massage techniques contemporary massage including myofascial techniques trigger points lymphatic drainage massage foot reflexology Asian bodywork therapy and applications of massage New to the fifth edition are Practice Sequences that are step by step suggested example applications of the techniques described in the book Each Practice Sequence is demonstrated in full vibrant detail on the DVD that accompanies this text So that readers can track their progress the DVD as well as Appendix D provides Performance Evaluation Forms for every Practice Sequence

Whitaker's Books in Print, 1998

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