

Disk 3: The Trunk

Disk 3 Part 1

The Spine

Title 1: 0.00 - 34.2 Run time 34.52

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones, ligaments and joints		1:2-38	0.19	20.47	20.28
	Vertebral column Features of typical vertebra	1:2-13	0.19	4.57	4.38
	Cervical vertebrae	1:14-20	4.57	8.13	3.16
	Thoracic vertebrae Lumbar vertebrae Sacrum	1:21-28	8.13	13.23	5.10
	Intervertebral disks Ligaments of vertebral column Posterior joints	1:28-37	13.23	19.15	5.52
Review of bones, ligaments and joints		1:38	19.15	20.47	1.32
Muscles	Paravertebral muscles	1:39-46	20.47	25.46	4.59
Spinal cord		1:47-64	25.46	33.29	7.43
	Dura, Arachnoid, Pia Subarachnoid & epidural spaces	1:47-53	25.46	28.08	2.22
	Spinal cord Nerve roots Cauda equina	1:54-64	28.08	33.29	5.21
Review of muscles and spinal cord		1:65	33.29	34.52	1.23

Disk 3 Part 2
 The Thorax
 Title 2:0.00 - 47.20 Run time 47.20

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones		2:2-25	0.40	9.08	8.28
	Ribs Sternum Costal cartilages Costo-vertebral joints	2:2-15	0.40	5.10	
	Costo-vertebral joints First rib Clavicles Scapulae	2:16-25	5.10	9.08	
Review of bones		2:26	9.08	10.15	1.07
Pleural cavity, pleura		2:27-34	10.15	15.39	5.24
Muscles		2:35-49	15.39	26.25	10.46
	Diaphragm	2:35-	15.39	20.10	
	External intercostals Scalene muscles	2:43-46	20.10	22.26	
	Internal intercostals Abdominal wall muscles	2:46-49	22.26	26.25	
Review of pleural cavity and muscles		2:50	26.25	27.40	1.15
Blood vessels		2:51-71	27.40	39.12	11.32
Arteries	Aorta Brachiocephalic artery L. common carotid artery L. subclavian artery Internal thoracic artery Posterior intercostal arteries	2:51-63	27.40	34.49	
Veins	Subclavian veins Brachiocephalic veins Superior vena cava Inferior vena cava Azygos vein	2:64-71	34.49	39.12	
Nerves	Phrenic nerve Vagus nerve Intercostal nerves Sympathetic trunk Splanchnic nerves	2:72-82	39.12	43.58	3.46
Review of blood vessels and nerves		2:83	43.58	44.45	1.47
Breast		2:84-86	44.45	47.20	2.35

Disk 3 Part 3
The Abdomen

Title 3:0.00 - 44.55

Run time 44.55

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones	Costal margin Lumbar vertebrae Bony pelvis (above pelvic brim)	3:2-16	0.44	7.12	6.28
Review of bones		3:17	7.12	8.07	0.55
Inguinal ligament		3:18-19	8.07	9.31	1.24
Muscles (posterior)	Erector spinae muscles Thoraco-lumbar fascia Quadratus lumborum Psoas major Iliacus Iliacus fascia Diaphragm	3:20-28	9.31	14.28	4.57
Muscles (anterior)	Rectus abdominis Transversus abdominis Internal oblique External oblique	3:29-43	14.28	24.11	9.43
Abdominal cavity, inguinal canal		3:44-59	24.11	31.20	7.09
	Parietal peritoneum Transversalis fascia	3:44-46	24.11	24.58	0.47
	Inguinal canal Spermatic cord	3:46-59	24.58	31.20	6.22
Review of muscles and inguinal region		3:60	31.20	32.25	1.15
Blood vessels		3:61-81	32.25	39.25	7.00
Arteries	Abdominal aorta and its branches Common, internal & external iliac arteries	3:61-74	32.25	36.34	4.09
Veins	Common, external and internal iliac veins Inferior vena cava and its branches	3:74-81	36.34	39.25	2.51
Nerves	Intercostal nerves Branches of lumbar plexus Sympathetic trunk Aortic plexus Vagus nerve	3:82-88	39.25	43.19	3.54
Review of blood vessels and nerves		3:89	43.19	44.55	1.36

Disk 3 Part 4
The Pelvis
Title 4: 0.00 - 27.58 Run time 27.58

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones	Bony pelvis (below pelvic brim)	4:2-11	0.22	4.16	3.54
Ligaments	Sacro-iliac ligaments Sacro-tuberous ligament	4:12-18	4.16	7.00	2.44
Review of bones and ligaments		4:19	7.00	8.00	1.00
Muscles		4:20-44	8.00	18.43	10.43
	Piriformis Obturator internus	4:20-23	8.00	10.09	2.09
	Pelvic diaphragm from above Pelvic diaphragm from below	4:23-44	10.09	18.43	6.34
Review of muscles		4:45	18.43	19.17	0.34
Blood vessels	Internal iliac vessels and their branches	4:46-54	19.17	22.43	3.26
Nerves	Sacral plexus and its branches Pelvic plexus	4:55-62	22.43	26.55	4.12
Review of blood vessels and nerves		4:63	26.55	27.58	1.03