

This table of contents covers all six disks of Acland's DVD Atlas of Human Anatomy. It provides an overview of the series, and a more detailed listing of contents than is given in the brief on-screen menu of each disk.

Table rows in bold font correspond to sections listed in the on-screen table of contents. Table rows in regular font are smaller sub-sections that are not so listed.

As used here, the terms "title" and "chapter" are technical terms belonging to the terminology of the DVD format. Each disk is divided into titles. A "title" is one continuous piece of video. Each title is punctuated by chapters. A "chapter" is a defined starting point within a title. Many DVD-playing software programs let you navigate by title and chapter. If your DVD-playing software does not let you do this, you may consider upgrading.

The placement of chapter points in the DVD Atlas was determined in a few instances by the start point of major sections, as given in the on-screen table of contents; and in many more instances by the location of individual structures named in the index. Many of the sub-sections in this table of contents begin and end conveniently at a chapter point; but some do not. In some cases the transition from one topic to another happens between one chapter point and another. In such cases, the start or end time, and also the chapter number, are shown in italic font. To find the exact start or end point in such cases, go to the chapter point indicated, then navigate by scanning backwards or forwards.

Disk 1: The Upper Extremity

Disk 1 Part 1

The Shoulder

Title 1: 0.00 - 37.44 Run time 37.44

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction to shoulder section		1:2	0.00	0.30	0.30
Bones, joints, and ligaments		1:3-29	0.30	7.32	7.02
	Clavicle, scapula Movements of scapula	1:3-21	0.30	5.44	5.14
	Proximal humerus Shoulder joint Movements of shoulder joint	1:22-29	5.44	7.32	1.48
Review of bones, joints, and ligaments		1:30	7.32	8.43	1.11
Introduction to muscles		1:31	8.43	9.06	0.23
Muscles		1:32-48	9.06	19.54	10.48
Muscles passing from scapula to humerus	Long tendons of biceps, triceps Rotator cuff muscles Teres major Coracobrachialis	1:32-38	9.06	12.54	3.48
Muscles passing from trunk to scapula	Serratus anterior Levator scapulae Rhomboids Trapezius Pectoralis minor Subclavius, omohyoid	1:39-43	12.54	16.50	3.56
Muscles: pectoralis major, latissimus dorsi, deltoid	Pectoralis major Latissimus dorsi Deltoid	1:44-48	16.50	19.54	3.04
Review of muscles		1:49	19.54	21.12	1.18
Blood vessels		1:50	21.12	35.04	13.52
Key structures	First rib Scalene muscles	1:51- 54	21.45	23.56	2.11
Veins		1:55-59	23.56	26.59	3.03
Arteries		1:60-67	26.59	29.24	2.25
Nerves		1:68-85	29.24	35.03	5.39
Brachial plexus	Roots,trunks, divisions, cords	1:68-72	29.24	31.23	1.59
Principal nerves	Median, ulnar, radial, musculocutaneous nerves	1:73-76	31.23	32.14	0.51
Lesser nerves	Nerves to the shoulder region	1:76-85	32.14	35.03	2.49
Review of vessels and nerves		1:86	35.03	37.44	2.41

Disk 1 Part 2
The Arm and Forearm
Title 2: 0.00 - Title 3: 22.09 Run time 38.07

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Anatomical terms defined	Definition of anatomical terms The anatomical position	2:2-5	0.00	2.28	2.28
Bones, joints and ligaments:		2:6-41	2.28	14.12	11.46
Humerus and proximal forearm	Distal humerus Proximal radius and ulna Elbow joint Proximal radio-ulnar joint	2:6-22	2.28	9.08	6.40
Distal forearm and wrist	Distal radius and ulna Distal radio-ulnar joint Carpal bones Wrist joint	2:23-41	9.08	14.12	5.04
Review of bones, joints, and ligaments		2:42	14.12	15.57	3.45
Muscles		3:2-21	0.00	11.00	11.00
Elbow flexors and extensors	Brachialis Biceps Brachioradialis Triceps Anconeus	3:2-12	0.00	4.17	4.17
Forearm pronators and supinators	Pronator teres Pronator quadratus Supinator Biceps (supinator action)	3:13-16	4.17	6.47	2.30
Wrist flexors and extensors	Flexors carpi radialis & ulnaris Palmaris longus Extensors carpi radialis & ulnaris	3:17-21	6.47	11.00	4.12
Review of muscles	Integrated view of arm and forearm muscles	3:22-23	11.00	13.35	2.35
Blood vessels	Blood vessels from shoulder to elbow	3:24-30	13.35	16.31	2.56
Nerves	Nerves from shoulder to elbow	3:31-39	16.31	20.48	4.17
Review of blood vessels and nerves		3:40	20.48	22.08	1.20

Disk 1 Part 3
The Hand
Title 4:0.00 - Title 5: 37.15 Run time 55.39

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction to hand section	Definition of anatomical terms	4:3	0.00	0.39	0.39
Bones, joints and ligaments		4:4 - 22	0.39	11.10	10.31
	Carpal and metacarpal bones Carpo-metacarpal joints	4:4-8	0.39	3.59	
	Bones of fingers Metacarpo-phalangeal joints Interphalangeal joints Bones and joints of the thumb	4:-22	3.59	11.10	
Pulleys, sliding structures and fascia	Flexor retinaculum Carpal tunnel Extensor retinaculum Flexor tendon sheaths Extensor mechanism Palmar fascia (aponeurosis)	4:23- 31	11.10	17.16	6.06
Review of bones, ligaments, joints, pulleys		4:32	17.16	18.25	1.09
Muscles of the hand, introduction		5:3	0.00	0.28	
Extrinsic muscles		5:4-12	0.28	8.18	
Flexors of fingers	Flexor digitorum profundus Flexor digitorum superficialis	5:4-7	0.28	3.40	
Extensors of fingers	Extensor digitorum Extensor digiti minimi Extensor indicis	5:8-10	3.40	5.34	1,56
Long muscles of thumb	Flexor pollicis longus Abductor pollicis longus Extensor pollicis brevis Extensor pollicis longus	5:11-12	5.34	8.18	2.44
Review of all forearm muscles	Integrated view of forearm muscles	5:13-14	8.18	10.53	2.35
Intrinsic muscles		5:15-21	10.53	18.20	
Interossei and lumbricals	Interossei Lumbricals	5:15 -18	10.53	14.48	3.55
Short muscles of thumb and little finger	Thenar & hypothenar muscles	5:19-21	14.48	18.20	3.32
Review of all hand muscles	Integrated view of extrinsic and intrinsic hand muscles	5:22-23	18.20	20.07	1.47
Blood vessels	Veins of forearm and hand Arteries of forearm and hand	5:24-35	20.07	25.22	5.15

Nerves	Radial, median and ulnar nerves in forearm and hand	5:36-49	25.22	31.14	5.52
Review of vessels and nerves		5:50	31.14	33.28	2.14
Skin, fingernails		5:51-54	33.28	37.15	3.47

Disk 2: The Lower Extremity

Disk 2 Part 1

The Hip

Title 1:0.00-44.52 Run time 44.52

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction to Vol 2	Definition of anatomical terms	1:3	0.00	0.59	0.59
Bones, ligaments, and joints		1:3-30	0.59	8.53	7.54
Dry bones	Sacrum and hip bone Proximal femur	1:3-20	0.59	5.17	4.18
Ligaments	Sacroteruberous ligament Sacrosinous ligament Capsule of hip joint Movements at the hip joint	1:21-30	5.17	8.53	2.36
Bone and joint review		1:31	8.53	10.15	1.23
Muscles		1:32-56	10.15	29.07	18.58
Short rotators	Piriformis Obturator externus & internus Gemelli, quadratus femoris	1:32-37	10.15	14.48	3.27
Adductors Abductors	Pectineus Adductor longus, brevis, magnus Gluteus minimus, medius Tensor fascia lata	1:38-47	14.48	20.42	5.54
Flexors	Iliacus Psoas Major Rectus femoris Sartorius	1:47-51	20.42	24.13	3.29
Extensors	Hamstring muscles Gluteus maximus	1:51-56	24.13	29.07	4.54
Review		1:57	29.07	30.21	1.14
Vessels		1:58-74	30.21	38.17	7.56
Key structures	Inguinal ligament, femoral triangle	1:58-60	30.21	32.29	2.08
Veins		1:61-66	32.29	35.04	2.25
Arteries		1:66-74	35.04	38.17	3.13
Nerves		1:75-82	38.17	43.34	5.17
Anterior	Femoral nerve Obturator nerve	1:75-79	38.17	41.25	3.07
Posterior	Sacral plexus Gluteal nerves Sciatic nerve	1:79-82	41.25	43.34	2.09
Review		1:83	43.34	44.52	1.18

Disk 2: Part 2
 The Knee
 Title 2:0.00 - 28.36 Run time 28.36

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones, ligaments, and joints		2:2-24	00.29	11.07	10.38
Dry bones	Distal femur Proximal tibia and fibula Patella	2:2-	00.29		
Menisci, ligaments	Menisci Cruciate ligaments Collateral ligaments Patellar ligament Joint capsule	2:-24		11.07	
Review		2:25	11.07	12.31	1.24
Muscles		2:26-38	12.31	21.59	9.28
Flexors	Quadriceps femoris	2:26-31	12.31	17.07	
Key structure	Adductor canal	2:32	17.07	18.11	
Extensors	Hamstring muscles Popliteus Plantaris Gastrocnemius	2:33-38	18.11	21.59	
Review		2:39	21.59	22.37	1.38
Vessels		2:40-44	22.37	24.59	2.22
Nerves		2:45-48	24.59	27.23	2.24
Review		2:49	27.23	28.36	1.13

Disk 2: Part 3
 The Leg and Ankle
 Title 4 0.00 - 37.13: Run time 37.13

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction	Definition of anatomical terms	3:1- 4	0.00	1.26	1.26
Bones, ligaments, and joints		3:5-26	1.26	12.10	10.44
	Distal tibia and fibula Talus Ankle joint	3:5-14	1.26	5.38	4.12
	Navicular, calcaneus Subtalar joint Talo-calcaneo-navicular joint Retinacula	3:14-26	5.38	12.10	6.32
Review		3:27	12.10	13.56	1.46
Muscles		3:28-45	13.56	27.16	13.20
Dorsiflexors, plantar flexors	Tibialis anterior Gastrocnemius Soleus Plantaris	3:28-35	13.56	19.16	5.40
Key structures	Investing deep fascia Intermuscular septa Muscle partitions	3:36-39	19.16	22.56	3.40
Invertors, evertors	Tibialis posterior Peroneus brevis, longus, tertius	3:39-45	22.56	27.16	13.20
Review		3:46	27.16	28.20	1.03
Blood vessels		3:47-55	28.20	33.22	5.02
Nerves		3:56-62	33.22	36.00	2.38
Review		3:63	36.00	37.13	1.13

Disk 2: Part 4
 The Foot
 Title 4: 0.00 - 35.54 Run time 35.54

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones, ligaments, and joints		4:1-16	0.00	9.36	9.36
Dry bones	Tarsal bones Metatarsal bones Bones of the toes	4:1-6	0.00	2.54	2.54
Ligaments	Short plantar ligament Long plantar ligament Plantar aponeurosis Metatarso-phalangeal joints	4:6-16	2.54	9.36	6.42
Review		4:17	9.36	10.39	1.03
Muscles		4:18-38	10.39	24.51	14.12
Toe extensors Long toe flexors	Extensor hallucis longus Extensor digitorum longus Extensor hallucis brevis Extensor digitorum brevis Flexor hallucis longus Flexor digitorum longus	4:18-26	10.39	16.32	5.53
Plantar muscles	Interossei Lumbricals Flexor accessorius Flexor digitorum brevis	4:26-30	16.32	19.54	3.22
Short muscles of big toe and fifth toe	Flexor hallucis brevis Adductor hallucis Abductor hallucis Flexor digiti minimi brevis Abductor digiti minimi	4:30-35	19.54	22.54	3.00
Overview of plantar muscles and plantar aponeurosis		4:36-38	22.54	24.51	
Review		4:39	24.51	26.15	1.24
Vessels		4:40-44	26.15	29.16	3.01
Nerves		4:45-53	29.16	33.17	4.01
Review		4:54	33.17	34.12	0.59
Skin of foot		4:55	34.12	35.54	1.42

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

Disk 4: The Head and Neck, Part 1

Disk 4 Part 1

Support and movement of the head

Title 1: 0.00.54 - 0.33.50 Run time 33.50

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones		1:1-36	0.00	15.26	15.26
	Principal bones of cranium Occipital bone Temporal bone Posterior cranial fossa	1:1-25	0.00	9.04	9.04
	Typical cervical vertebra Atlas and axis vertebrae	1:25-31	9.04	14.01	4.57
	T1 vertebra First rib Manubrium Clavicles & scapulae	1:31-36	14.01	15.26	1.25
Joints and ligaments		1:37-50	15.26	22.47	7.21
	Intervertebral joints Intervertebral disks	1:37-40	15.26	17.48	2.22
	Ligaments of cervical spine	1:40-44	17.48	20.21	2.33
	Ligaments of atlas and axis	1:44-50	20.21	22.47	2.26
Review of joints and ligaments		1:51	22.45	25.47	3.02
Muscles		1:52-60	25.47	32.45	6.58
	Suboccipital muscles Long muscles of neck				
Review of muscles		1:61	32.45	33.50	1.06

Disk 4 Part 2
 The facial skeleton and base of cranium
 Title 2: 0.00 - 3: 1.55 Run time 23.31

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Main bony features		2:1-	0.00	6.52	6.52
	Orbital & nasal cavities Zygomatic arch Temporal & infratemporal fossa Pterygoid plates Hard palate	2:1-11	0.00	3.43	3.43
	Anterior cranial fossa Middle cranial fossa	2:1-12	3.43	6.52	3.09
Individual named bones		2:19-34	6.52	14.55	8.02
	Frontal bone Zygomatic bone Maxilla	2:19-23	6.52	10.03	3.11
	Sphenoid bone Ethmoid bone Nasal bone Lacrimal bone Palatine bone	2:24-34	10.03	14.55	4.52
Openings in the base of the cranium	Optic canal Superior orbital fissure Foramen rotundum, ovale, spinosum Opening of carotid canal, auditory tube	2:35-42	14.55	18.45	3.50
Review of bones		2:42	18.45	21.36	2.51
Introduction to parts 3,4,5	Nasal cavity Oral cavity Pharynx	3:1-3	0.00	1.55	1.55

Disk 4 Part 3
 The nasal cavity and its surroundings
 Title 3: 1.55 - 28.55 Run time 27.00

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Nasal cavity, sinuses, nasopharynx: bony features		3:4-32	1.55	15.01	13.06
	Nasal cavity	3:4-15	1.55	5.52	3.57
	Paranasal sinuses	3:15-19	5.52	8.44	2.52
	Ethmoid bone	3:19-22	8.44	10.21	1.37
	Openings into nasal cavity Nasopharynx	3:22-32	10.21	15.01	4.40
Review of these areas		3:33	15.01	16.21	1.20
Nasal cavity, sinuses, nasopharynx: mucosal features		3:34-63	16.21	27.32	11.11
	External nose Nasal septum Olfactory area Nasal vestibule Conchae Openings of sinuses	3:34-55	16.21	23.13	7.52
	Nasopharnx Torus tubarius Pharyngeal recess Soft palate Levator & tensor palati	3:55-63	23.13	27.32	4.19
Review of these areas		3:64	27.32	28.55	1.23

Disk 4 Part 4
 The oral cavity and its surroundings
 Title 4: 0.00 - 55.26 Run time 55.26

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Upper and lower jaws: bony features		4:1-15	0.00	4.33	4.33
	Features of maxilla	4:1-4	0.00	2.05	2.05
	Features of mandible	4:4-15	2.05	4.33	2.28
Temporomandibular joint, jaw movement		4:16-19	4.33	7.15	2.32
Muscles of mastication		4:20-25	7.15	13.45	5.30
Hyoid bone and its associated muscles		4:26-33	13.45	20.05	6.20
	Hyoid bone	4:26-28	13.45	15.39	1.56
	Muscles acting on hyoid bone	4:28-33	15.39	20.05	4.26
Tongue		4:34-40	20.05	25.18	5.13
Review of these areas		4:41	25.18	27.19	2.01
Oral cavity: lining		4:42-48	27.19	30.20	3.01
Muscles of cheek and lips		4:49-52	30.20	33.26	3.06
Teeth		4:53-54	33.26	35.21	1.55
Salivary glands, muscle overview		4:55-71	35.21	42.00	6.39
	Structures surrounding parotid gland	4:55-59	35.21	37.15	1.54
	Parotid gland	4:59-64	37.15	39.01	1.46
	Structures surrounding submandibular gland	4:65-68	39.01	39.44	0.43
	Submandibular gland Sublingual gland	4:68-71	39.44	42.00	2.16
Thyroid and cricoid cartilages	Thyroid cartilage Cricoid cartilage	4:72-80	42.00	45.40	3.40
Pharynx		4:81-97	45.40	53.26	7.46
	Structures around pharynx	4:81-86	45.40	47.41	2.01
	Constrictor muscles Other pharyngeal muscles	4:87-93	47.41	50.54	3.13
	Internal features of pharynx	4:93-97	50.54	53.26	2.32
Review of these areas		4:98	53.26	55.26	2.00

Disk 4 Part 5
 The larynx and its surroundings
 Title 5: 0.00 - 19.21 Run time 19.21

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction, laryngeal opening	Structures surrounding larynx Main internal features Vestibular & vocal folds Larynx in living body	5:1-11	0.00	4.21	4.21
Laryngeal cartilages	Movement of cricoid cartilage Epiglottic cartilage Arytenoid cartilages Movements of arytenoid cartilages	5:12-19	4.21	7.39	3.18
Vocal ligaments, vocal opening	Vocal ligament, conus elasticus Changes in shape of vocal opening	5:20-23	7.39	10.07	2.28
Muscles	Cricothyroid muscle Internal laryngeal muscles	5:24-29	10.07	14.55	4.48
Infrahyoid muscles, thyroid gland	Trachea Parathyroid glands Thyroid gland Infrahyoid muscles	5:30-35	14.55	17.42	2.47
Review of larynx		5:36	17.42	19.21	1.39

Disk 5: The Head and Neck, Part 2

Disk 5 Part 1
 The Facial Muscles and the Scalp
 Title 1: 0.22 - 9.50 Run time 9.28

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Facial muscles	Muscles of eyelids, cheek & lips Platysma	1:2-11	0.22	5.11	4.49
Scalp	Epicranium Galea Muscles of scalp & forehead	1:12-22	5.11	8.23	3.12
Review		1:23	8.23	9.50	1.27

Disk 5 Part 2
 The Brain and its Surroundings
 Title 2:0.00 - 29.47 Run time 29.47

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Brain: initial overview	Cerebrum Cerebellum Brainstem Spinal cord	2:1-3	0.00	0.56	0.56
Cranial cavity and meninges		2:4-22	0.56	8.44	7.48
	Anterior, middle & posterior cranial fossae	2:4-8	0.56	2.14	1.10
	Tentorium and falx	2:9-13	2.14	3.53	1.39
	Meninges	2:13-18	3.53	6.42	2.49
	Openings in dura	2:18-19	6.42	7.49	1.07
	Clinoid processes Pituitary fossa	2:20-22	7.49	8.44	1.55
Review		2:23	8.44	10.04	1.20
Brain		2:24-68	10.04	27.04	17.00
	Medulla Fourth ventricle	2:24-33	10.04	13.56	3.52
	Pons Midbrain Cerebral peduncles	2:34-42	13.56	17.32	3.36
	External features of cerebellum	2:42-46	17.32	19.11	1.39
	External features of cerebrum	2:47-59	19.11	23.09	3.58
	Lateral ventricles Third and fourth ventricles	2:60-63	23.09	25.47	2.38
	Hypothalamus & pituitary gland	2:64-68	25.47	27.04	1.17
Review		2:69	27.04	29.47	2.43

Disk 5 Part 3
 The Nerves of the Head and Neck
 Title 3: 0.00 - 44.49 Run time 44.49

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Cranial nerves I - VI		3:1-43	0.00	23.06	23.06
Cranial nerves I, II	Olfactory nerve Optic nerve Optic chiasm	3:1-4	0.00	4.11	4.11
Cranial nerve III, IV, VI	Oculomotor, trochlear and abducent nerves	3:4-11	4.11	8.42	4.31
Cranial nerve V, (intracranial)	Trigeminal nerve, origin Trigeminal cave Trigeminal ganglion	3:11-13	8.42	10.18	1.36
Cranial nerve V ₁	Ophthalmic nerve and its branches	3:14-17	10.18	11.43	1.25
Introduction to cranial nerve V ₂ , V ₃	Infratemporal fossa	3:17-21	11.43	14.12	2.29
Cranial nerve V ₂	Maxillary nerve and its branches	3:22-31	14.12	18.44	4.32
Cranial nerve V ₃	Mandibular nerve and its branches	3:32-43	18.44	23.06	4.18
Review		3:44	23.06	24.44	1.38
Cranial nerves VII - XII		3:45-67	24.44	40.41	15.57
Cranial nerves VII, VIII	Facial nerve Vestibulo-cochlear nerve	3:45-53	24.44	29.40	4.56
Cranial nerves IX - XII (intracranial)	Glossopharyngeal nerve Vagus nerve Accessory nerve Hypoglossal nerve	3:53-57	29.40	31.48	2.08
Cranial nerves IX - XII (extracranial)	Glossopharyngeal nerve Vagus nerve Accessory nerve Hypoglossal nerve	3:58-67	31.48	40.41	8.53
Sympathetic trunk, cervical plexus	Cervical sympathetic trunk Cervical plexus and its branches	3:68-76	40.41	43.07	2.26
Review		3:77	43.07	44.49	1.42

Disk 5 Part 4
 The Blood Vessels of the Head and Neck
 Title 3:0.00 - 35.04 Run time 35.04

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Major arteries	Internal carotid artery in neck & cranial cavity	4:1-6	0.00	3.23	3.23
Intracranial arteries		4:7-31	3.23	15.08	11.15
	Vertebral artery Basilar artery	4:7-13	3.23	7.38	
	Arterial circle Cerebral arteries	4:13-31	7.38	15.08	
Intracranial veins and venous sinuses		4:32-45	15.08	22.44	7.36
	Cerebral veins Sagittal sinuses Transverse, sigmoid sinuses	4:32-40	15.08	19.19	
	Lacunae Arachnoid granulations Cavernous sinus Petrosal sinuses	4:40-45	19.19	22.44	
Extracranial arteries	External carotid artery & its branches	4:46-59	22.44	29.11	6.27
Extracranial veins	Internal jugular vein Subclavian vein Brachiocephalic vein	4:60-66	29.11	32.47	3.36
Review		4:67	32.47	35.04	2.17

Disk 5 Part 5
 The Eye and its Surroundings
 Title 5: 0.00 - 20.19 Run time 20.19

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Orbital cavity	Bony features of orbital cavity	5:1-8	0.00	3.38	3.38
Eye and extra-ocular muscles	Eye, external features Extra-ocular muscles	5:9-28	3.38	13.07	9.29
Eyelids and lacrimal apparatus	Eyelids Conjunctiva Lacrimal gland Lacrimal ducts	5:29-43	13.07	18.28	5.21
Review		5:44	18.28	20.19	1.51

Disk 5 Part 6

The Ear

Title 6: 0.00 - 18.46 Run time 20.08

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
External ear, tympanic membrane	Auricle External auditory meatus Tympanic membrane	6:1-18	0.00	6.00	6.00
Tympanic cavity, auditory tube	Tympanic cavity Auditory tube	6:19-28	6.00	12.37	6.37
Auditory ossicles	Stapes Incus Malleus Movements of auditory ossicles	6:29-39	12.37	17.28	4.49
Review		6:40	17.28	18.46	1.18

Disk 6: The Internal Organs and Reproductive System

Disk 6 Part 1
 The Thoracic Organs
 Title 1: 0.00 - 35.03 Run time 35.03

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Heart, introduction	Surface anatomy Orientation Location of chambers	1:3-7	0.36	4.00	3.24
Atria and inlet valves	Right atrium: external & internal features Tricuspid valve Inter-atrial septum Left atrium: external & internal features Mitral valve	1:8-18	4.00	7.20	3.20
Ventricles and outflow valves		1:19-42	7.20	16.49	9.29
	Right and left ventricles, flow pathway	1:19-20	7.20	8.45	1.25
	Right ventricle: internal features Tricuspid valve: details	1:21-27	8.45	11.10	2.25
	Left ventricle: internal features Mitral valve: details Interventricular septum	1:28-35	11.10	14.10	3.00
	Pulmonary valve Pulmonary trunk & arteries Aortic valve Aorta	1:36-42	14.10	16.49	2.39
Coronary vessels	Right coronary artery Left coronary artery Coronary sinus	1:43-46	16.49	19.31	2.42
Overview of external features		1:47-51	19.31	21.01	1.30
Pericardial sac, great vessels	Mediastinum Pericardial sac Passage of great vessels through pericardium	1:52-58	21.01	24.02	3.01
Review		1:59	24.02	25.32	1.30
The lungs and esophagus		1:60-77	25.32	34.08	8.36
	Surface anatomy of lungs Lobes of lungs	1:60-67	25.32	28.25	2.53
	Pleura Mechanics of lung expansion	1:68-71	28.25	30.52	2.27
	Trachea Principal bronchi Esophagus	1:72-77	30.52	34.08	3.16
Review		1:78	34.08	35.03	0.55

Disk 6 Part 2
 The Abdominal Organs
 Title 2: 0.00 - Title 3: 47.36 Run time 1.23.44

Introduction		2:1	0.00	0.35	0.35
Abdominal cavity, peritoneum		2:2-4	0.35	3.55	3.20
Gastro-intestinal tract		2:5-54	3.55	32.37	28.42
Stomach		2:5-13	3.55	7.23	7.28
Greater and lesser omentum		2:14-19	7.23	14.13	6.50
	Animation: development of greater and lesser omentum	2:19	9.41	14.13	4.32
Small intestine		2:20-30	14.13	21.36	7.23
	Animation: development of intestine, midgut rotation	2:23	16.16	17.23	1.07
Large intestine		2:31-45	21.36	27.58	6.22
Rectum		2:46-54	27.50	32.37	4.47
Review		2:55	32.37	34.08	1.31
Liver, pancreas spleen		3:1-33	0.00	17.30	17.30
	General features of liver	3:2-6	0.11	2.39	2.28
	Peritoneal attachments of liver	3:6-13	2.39	6.54	4.15
	Posterior aspect of liver Porta hepatis	3:14-18	6.54	9.20	2.26
	Pancreas	3:19-20	9.20	11.13	1.57
	Hepatic, cystic and common bile ducts	3:21-25	11.13	14.39	3.26
	Spleen	3:26-32	14.39	17.30	2.51
Review		3:33	17.30	18.52	1.22
Abdominal blood vessels		3:34	18.52	30.16	11.24
	Celiac trunk and its branches	3:34-42	18.52	23.41	4.49
	Superior mesenteric artery and its branches	3:43-46	23.41	27.01	3.20
	Inferior mesenteric artery and its branches	3:47-48	27.01	28.14	1.13
	Veins of the abdominal organs	3:49-51	28.14	30.16	2.02
Review		3:52	30.16	31.25	1.09

Urinary system		3:53-76	31.25	46.04	14.39
	Kidneys	3:53-63	31.25	36.24	4.59
	Suprarenal glands	3:64-65	36.24	37.17	0.53
	Ureter	3:66-69	37.17	40.28	3.11
	Bladder in male	3:70-73	40.28	43.54	3.26
	Bladder in female	3:74-	43.54	46.04	2.10
Review		3:77	46.04	47.36	1.32

Disk 6 Part 3
 The Reproductive System
 Title 4: 0.00 - 34.13 Run time 34.13

Male reproductive system		4:1-44	0.00	17.00	17.00
	Introduction	4:1-2	0.00	0.23	0.23
	Scrotum Testes Coverings of testis Epididymis	4:3-11	0.23	3.49	3.26
	Ductus deferens Spermatic cord Seminal vesicles Ejaculatory duct	4:12-21	3.49	7.51	4.02
	Penis Corpora cavernosa Corpus spongiosum	4:22-28	7.51	10.28	2.37
	Suspensory ligament Bulb and crura of penis	4:29-33	10.28	12.59	2.31
	Muscles of perineum Perineal membrane	4:34-38	12.59	14.32	1.33
	Base of penis Male urethra	4:39-	14.32	17.00	2.28
Review		4:45	17.00	18.07	1.07
Female reproductive system		4:46-77	18.07	33.03	14.56
	Uterus Broad ligament Cervix Structures adjoining uterus and vagina	4:46-56	18.07	23.00	4.53
	Uterine tubes Fimbria Mesosalpinx Ovary Round ligament	4:57-64	23.00	26.35	3.35
	Labia majora and minora Vestibule of vagina Muscles of female perineum Perineal membrane Bulb of vestibule	4:65-74	26.35	31.10	4.35
	Clitoris Vagina Pelvic diaphragm	4:75	31.10	33.04	1.56
Review		4:78	33.04	34.13	1.09

Disk 2: Part 3
 The Leg and Ankle
 Title 4 0.00 - 37.13: Run time 37.13

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction	Definition of anatomical terms	3:1- 4	0.00	1.26	1.26
Bones, ligaments, and joints		3:5-26	1.26	12.10	10.44
	Distal tibia and fibula Talus Ankle joint	3:5-14	1.26	5.38	4.12
	Navicular, calcaneus Subtalar joint Talo-calcaneo-navicular joint Retinacula	3:14-26	5.38	12.10	6.32
Review		3:27	12.10	13.56	1.46
Muscles		3:28-45	13.56	27.16	13.20
Dorsiflexors, plantar flexors	Tibialis anterior Gastrocnemius Soleus Plantaris	3:28-35	13.56	19.16	5.40
Key structures	Investing deep fascia Intermuscular septa Muscle partitions	3:36-39	19.16	22.56	3.40
Invertors, evertors	Tibialis posterior Peroneus brevis, longus, tertius	3:39-45	22.56	27.16	13.20
Review		3:46	27.16	28.20	1.03
Blood vessels		3:47-55	28.20	33.22	5.02
Nerves		3:56-62	33.22	36.00	2.38
Review		3:63	36.00	37.13	1.13

Disk 2: Part 4
The Foot
Title 4: 0.00 - 35.54 Run time 35.54

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones, ligaments, and joints		4:1-16	0.00	9.36	9.36
Dry bones	Tarsal bones Metatarsal bones Bones of the toes	4:1-6	0.00	2.54	2.54
Ligaments	Short plantar ligament Long plantar ligament Plantar aponeurosis Metatarso-phalangeal joints	4:6-16	2.54	9.36	6.42
Review		4:17	9.36	10.39	1.03
Muscles		4:18-38	10.39	24.51	14.12
Toe extensors Long toe flexors	Extensor hallucis longus Extensor digitorum longus Extensor hallucis brevis Extensor digitorum brevis Flexor hallucis longus Flexor digitorum longus	4:18-26	10.39	16.32	5.53
Plantar muscles	Interossei Lumbricals Flexor accessorius Flexor digitorum brevis	4:26-30	16.32	19.54	3.22
Short muscles of big toe and fifth toe	Flexor hallucis brevis Adductor hallucis Abductor hallucis Flexor digiti minimi brevis Abductor digiti minimi	4:30-35	19.54	22.54	3.00
Overview of plantar muscles and plantar aponeurosis		4:36-38	22.54	24.51	
Review		4:39	24.51	26.15	1.24
Vessels		4:40-44	26.15	29.16	3.01
Nerves		4:45-53	29.16	33.17	4.01
Review		4:54	33.17	34.12	0.59
Skin of foot		4:55	34.12	35.54	1.42

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

Disk 4: The Head and Neck, Part 1

Disk 4 Part 1

Support and movement of the head

Title 1: 0.00.54 - 0.33.50 Run time 33.50

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Bones		1:1-36	0.00	15.26	15.26
	Principal bones of cranium Occipital bone Temporal bone Posterior cranial fossa	1:1-25	0.00	9.04	9.04
	Typical cervical vertebra Atlas and axis vertebrae	1:25-31	9.04	14.01	4.57
	T1 vertebra First rib Manubrium Clavicles & scapulae	1:31-36	14.01	15.26	1.25
Joints and ligaments		1:37-50	15.26	22.47	7.21
	Intervertebral joints Intervertebral disks	1:37-40	15.26	17.48	2.22
	Ligaments of cervical spine	1:40-44	17.48	20.21	2.33
	Ligaments of atlas and axis	1:44-50	20.21	22.47	2.26
Review of joints and ligaments		1:51	22.45	25.47	3.02
Muscles		1:52-60	25.47	32.45	6.58
	Suboccipital muscles Long muscles of neck				
Review of muscles		1:61	32.45	33.50	1.06

Disk 4 Part 2
 The facial skeleton and base of cranium
 Title 2: 0.00 - 3: 1.55 Run time 23.31

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Main bony features		2:1-	0.00	6.52	6.52
	Orbital & nasal cavities Zygomatic arch Temporal & infratemporal fossa Pterygoid plates Hard palate	2:1-11	0.00	3.43	3.43
	Anterior cranial fossa Middle cranial fossa	2:1-12	3.43	6.52	3.09
Individual named bones		2:19-34	6.52	14.55	8.02
	Frontal bone Zygomatic bone Maxilla	2:19-23	6.52	10.03	3.11
	Sphenoid bone Ethmoid bone Nasal bone Lacrimal bone Palatine bone	2:24-34	10.03	14.55	4.52
Openings in the base of the cranium	Optic canal Superior orbital fissure Foramen rotundum, ovale, spinosum Opening of carotid canal, auditory tube	2:35-42	14.55	18.45	3.50
Review of bones		2:42	18.45	21.36	2.51
Introduction to parts 3,4,5	Nasal cavity Oral cavity Pharynx	3:1-3	0.00	1.55	1.55

Disk 4 Part 3
 The nasal cavity and its surroundings
 Title 3: 1.55 - 28.55 Run time 27.00

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Nasal cavity, sinuses, nasopharynx: bony features		3:4-32	1.55	15.01	13.06
	Nasal cavity	3:4-15	1.55	5.52	3.57
	Paranasal sinuses	3:15-19	5.52	8.44	2.52
	Ethmoid bone	3:19-22	8.44	10.21	1.37
	Openings into nasal cavity Nasopharynx	3:22-32	10.21	15.01	4.40
Review of these areas		3:33	15.01	16.21	1.20
Nasal cavity, sinuses, nasopharynx: mucosal features		3:34-63	16.21	27.32	11.11
	External nose Nasal septum Olfactory area Nasal vestibule Conchae Openings of sinuses	3:34-55	16.21	23.13	7.52
	Nasopharnx Torus tubarius Pharyngeal recess Soft palate Levator & tensor palati	3:55-63	23.13	27.32	4.19
Review of these areas		3:64	27.32	28.55	1.23

Disk 4 Part 4
 The oral cavity and its surroundings
 Title 4: 0.00 - 55.26 Run time 55.26

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Upper and lower jaws: bony features		4:1-15	0.00	4.33	4.33
	Features of maxilla	4:1-4	0.00	2.05	2.05
	Features of mandible	4:4-15	2.05	4.33	2.28
Temporomandibular joint, jaw movement		4:16-19	4.33	7.15	2.32
Muscles of mastication		4:20-25	7.15	13.45	5.30
Hyoid bone and its associated muscles		4:26-33	13.45	20.05	6.20
	Hyoid bone	4:26-28	13.45	15.39	1.56
	Muscles acting on hyoid bone	4:28-33	15.39	20.05	4.26
Tongue		4:34-40	20.05	25.18	5.13
Review of these areas		4:41	25.18	27.19	2.01
Oral cavity: lining		4:42-48	27.19	30.20	3.01
Muscles of cheek and lips		4:49-52	30.20	33.26	3.06
Teeth		4:53-54	33.26	35.21	1.55
Salivary glands, muscle overview		4:55-71	35.21	42.00	6.39
	Structures surrounding parotid gland	4:55-59	35.21	37.15	1.54
	Parotid gland	4:59-64	37.15	39.01	1.46
	Structures surrounding submandibular gland	4:65-68	39.01	39.44	0.43
	Submandibular gland Sublingual gland	4:68-71	39.44	42.00	2.16
Thyroid and cricoid cartilages	Thyroid cartilage Cricoid cartilage	4:72-80	42.00	45.40	3.40
Pharynx		4:81-97	45.40	53.26	7.46
	Structures around pharynx	4:81-86	45.40	47.41	2.01
	Constrictor muscles Other pharyngeal muscles	4:87-93	47.41	50.54	3.13
	Internal features of pharynx	4:93-97	50.54	53.26	2.32
Review of these areas		4:98	53.26	55.26	2.00

Disk 4 Part 5
 The larynx and its surroundings
 Title 5: 0.00 - 19.21 Run time 19.21

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Introduction, laryngeal opening	Structures surrounding larynx Main internal features Vestibular & vocal folds Larynx in living body	5:1-11	0.00	4.21	4.21
Laryngeal cartilages	Movement of cricoid cartilage Epiglottic cartilage Arytenoid cartilages Movements of arytenoid cartilages	5:12-19	4.21	7.39	3.18
Vocal ligaments, vocal opening	Vocal ligament, conus elasticus Changes in shape of vocal opening	5:20-23	7.39	10.07	2.28
Muscles	Cricothyroid muscle Internal laryngeal muscles	5:24-29	10.07	14.55	4.48
Infrahyoid muscles, thyroid gland	Trachea Parathyroid glands Thyroid gland Infrahyoid muscles	5:30-35	14.55	17.42	2.47
Review of larynx		5:36	17.42	19.21	1.39

Disk 5: The Head and Neck, Part 2

Disk 5 Part 1
 The Facial Muscles and the Scalp
 Title 1: 0.22 - 9.50 Run time 9.28

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Facial muscles	Muscles of eyelids, cheek & lips Platysma	1:2-11	0.22	5.11	4.49
Scalp	Epicranium Galea Muscles of scalp & forehead	1:12-22	5.11	8.23	3.12
Review		1:23	8.23	9.50	1.27

Disk 5 Part 2
 The Brain and its Surroundings
 Title 2:0.00 - 29.47 Run time 29.47

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Brain: initial overview	Cerebrum Cerebellum Brainstem Spinal cord	2:1-3	0.00	0.56	0.56
Cranial cavity and meninges		2:4-22	0.56	8.44	7.48
	Anterior, middle & posterior cranial fossae	2:4-8	0.56	2.14	1.10
	Tentorium and falx	2:9-13	2.14	3.53	1.39
	Meninges	2:13-18	3.53	6.42	2.49
	Openings in dura	2:18-19	6.42	7.49	1.07
	Clinoid processes Pituitary fossa	2:20-22	7.49	8.44	1.55
Review		2:23	8.44	10.04	1.20
Brain		2:24-68	10.04	27.04	17.00
	Medulla Fourth ventricle	2:24-33	10.04	13.56	3.52
	Pons Midbrain Cerebral peduncles	2:34-42	13.56	17.32	3.36
	External features of cerebellum	2:42-46	17.32	19.11	1.39
	External features of cerebrum	2:47-59	19.11	23.09	3.58
	Lateral ventricles Third and fourth ventricles	2:60-63	23.09	25.47	2.38
	Hypothalamus & pituitary gland	2:64-68	25.47	27.04	1.17
Review		2:69	27.04	29.47	2.43

Disk 5 Part 3
 The Nerves of the Head and Neck
 Title 3: 0.00 - 44.49 Run time 44.49

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Cranial nerves I - VI		3:1-43	0.00	23.06	23.06
Cranial nerves I, II	Olfactory nerve Optic nerve Optic chiasm	3:1-4	0.00	4.11	4.11
Cranial nerve III, IV, VI	Oculomotor, trochlear and abducent nerves	3:4-11	4.11	8.42	4.31
Cranial nerve V, (intracranial)	Trigeminal nerve, origin Trigeminal cave Trigeminal ganglion	3:11-13	8.42	10.18	1.36
Cranial nerve V ₁	Ophthalmic nerve and its branches	3:14-17	10.18	11.43	1.25
Introduction to cranial nerve V ₂ , V ₃	Infratemporal fossa	3:17-21	11.43	14.12	2.29
Cranial nerve V ₂	Maxillary nerve and its branches	3:22-31	14.12	18.44	4.32
Cranial nerve V ₃	Mandibular nerve and its branches	3:32-43	18.44	23.06	4.18
Review		3:44	23.06	24.44	1.38
Cranial nerves VII - XII		3:45-67	24.44	40.41	15.57
Cranial nerves VII, VIII	Facial nerve Vestibulo-cochlear nerve	3:45-53	24.44	29.40	4.56
Cranial nerves IX - XII (intracranial)	Glossopharyngeal nerve Vagus nerve Accessory nerve Hypoglossal nerve	3:53-57	29.40	31.48	2.08
Cranial nerves IX - XII (extracranial)	Glossopharyngeal nerve Vagus nerve Accessory nerve Hypoglossal nerve	3:58-67	31.48	40.41	8.53
Sympathetic trunk, cervical plexus	Cervical sympathetic trunk Cervical plexus and its branches	3:68-76	40.41	43.07	2.26
Review		3:77	43.07	44.49	1.42

Disk 5 Part 4
 The Blood Vessels of the Head and Neck
 Title 3:0.00 - 35.04 Run time 35.04

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Major arteries	Internal carotid artery in neck & cranial cavity	4:1-6	0.00	3.23	3.23
Intracranial arteries		4:7-31	3.23	15.08	11.15
	Vertebral artery Basilar artery	4:7-13	3.23	7.38	
	Arterial circle Cerebral arteries	4:13-31	7.38	15.08	
Intracranial veins and venous sinuses		4:32-45	15.08	22.44	7.36
	Cerebral veins Sagittal sinuses Transverse, sigmoid sinuses	4:32-40	15.08	19.19	
	Lacunae Arachnoid granulations Cavernous sinus Petrosal sinuses	4:40-45	19.19	22.44	
Extracranial arteries	External carotid artery & its branches	4:46-59	22.44	29.11	6.27
Extracranial veins	Internal jugular vein Subclavian vein Brachiocephalic vein	4:60-66	29.11	32.47	3.36
Review		4:67	32.47	35.04	2.17

Disk 5 Part 5
 The Eye and its Surroundings
 Title 5: 0.00 - 20.19 Run time 20.19

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Orbital cavity	Bony features of orbital cavity	5:1-8	0.00	3.38	3.38
Eye and extra-ocular muscles	Eye, external features Extra-ocular muscles	5:9-28	3.38	13.07	9.29
Eyelids and lacrimal apparatus	Eyelids Conjunctiva Lacrimal gland Lacrimal ducts	5:29-43	13.07	18.28	5.21
Review		5:44	18.28	20.19	1.51

Disk 5 Part 6
 The Ear
 Title 6: 0.00 - 18.46 Run time 20.08

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
External ear, tympanic membrane	Auricle External auditory meatus Tympanic membrane	6:1-18	0.00	6.00	6.00
Tympanic cavity, auditory tube	Tympanic cavity Auditory tube	6:19-28	6.00	12.37	6.37
Auditory ossicles	Stapes Incus Malleus Movements of auditory ossicles	6:29-39	12.37	17.28	4.49
Review		6:40	17.28	18.46	1.18

Disk 6: The Internal Organs and Reproductive System

Disk 6 Part 1
 The Thoracic Organs
 Title 1: 0.00 - 35.03 Run time 35.03

	Structures shown	Title: Chapter(s)	Start time	End time	Duration
Heart, introduction	Surface anatomy Orientation Location of chambers	1:3-7	0.36	4.00	3.24
Atria and inlet valves	Right atrium: external & internal features Tricuspid valve Inter-atrial septum Left atrium: external & internal features Mitral valve	1:8-18	4.00	7.20	3.20
Ventricles and outflow valves		1:19-42	7.20	16.49	9.29
	Right and left ventricles, flow pathway	1:19-20	7.20	8.45	1.25
	Right ventricle: internal features Tricuspid valve: details	1:21-27	8.45	11.10	2.25
	Left ventricle: internal features Mitral valve: details Interventricular septum	1:28-35	11.10	14.10	3.00
	Pulmonary valve Pulmonary trunk & arteries Aortic valve Aorta	1:36-42	14.10	16.49	2.39
Coronary vessels	Right coronary artery Left coronary artery Coronary sinus	1:43-46	16.49	19.31	2.42
Overview of external features		1:47-51	19.31	21.01	1.30
Pericardial sac, great vessels	Mediastinum Pericardial sac Passage of great vessels through pericardium	1:52-58	21.01	24.02	3.01
Review		1:59	24.02	25.32	1.30
The lungs and esophagus		1:60-77	25.32	34.08	8.36
	Surface anatomy of lungs Lobes of lungs	1:60-67	25.32	28.25	2.53
	Pleura Mechanics of lung expansion	1:68-71	28.25	30.52	2.27
	Trachea Principal bronchi Esophagus	1:72-77	30.52	34.08	3.16
Review		1:78	34.08	35.03	0.55

Disk 6 Part 2
 The Abdominal Organs
 Title 2: 0.00 - Title 3: 47.36 Run time 1.23.44

Introduction		2:1	0.00	0.35	0.35
Abdominal cavity, peritoneum		2:2-4	0.35	3.55	3.20
Gastro-intestinal tract		2:5-54	3.55	32.37	28.42
Stomach		2:5-13	3.55	7.23	7.28
Greater and lesser omentum		2:14-19	7.23	14.13	6.50
	Animation: development of greater and lesser omentum	2:19	9.41	14.13	4.32
Small intestine		2:20-30	14.13	21.36	7.23
	Animation: development of intestine, midgut rotation	2:23	16.16	17.23	1.07
Large intestine		2:31-45	21.36	27.58	6.22
Rectum		2:46-54	27.50	32.37	4.47
Review		2:55	32.37	34.08	1.31
Liver, pancreas spleen		3:1-33	0.00	17.30	17.30
	General features of liver	3:2-6	0.11	2.39	2.28
	Peritoneal attachments of liver	3:6-13	2.39	6.54	4.15
	Posterior aspect of liver Porta hepatis	3:14-18	6.54	9.20	2.26
	Pancreas	3:19-20	9.20	11.13	1.57
	Hepatic, cystic and common bile ducts	3:21-25	11.13	14.39	3.26
	Spleen	3:26-32	14.39	17.30	2.51
Review		3:33	17.30	18.52	1.22
Abdominal blood vessels		3:34	18.52	30.16	11.24
	Celiac trunk and its branches	3:34-42	18.52	23.41	4.49
	Superior mesenteric artery and its branches	3:43-46	23.41	27.01	3.20
	Inferior mesenteric artery and its branches	3:47-48	27.01	28.14	1.13
	Veins of the abdominal organs	3:49-51	28.14	30.16	2.02
Review		3:52	30.16	31.25	1.09

Urinary system		3:53-76	31.25	46.04	14.39
	Kidneys	3:53-63	31.25	36.24	4.59
	Suprarenal glands	3:64-65	36.24	37.17	0.53
	Ureter	3:66-69	37.17	40.28	3.11
	Bladder in male	3:70-73	40.28	43.54	3.26
	Bladder in female	3:74-	43.54	46.04	2.10
Review		3:77	46.04	47.36	1.32

Disk 6 Part 3
 The Reproductive System
 Title 4: 0.00 - 34.13 Run time 34.13

Male reproductive system		4:1-44	0.00	17.00	17.00
	Introduction	4:1-2	0.00	0.23	0.23
	Scrotum Testes Coverings of testis Epididymis	4:3-11	0.23	3.49	3.26
	Ductus deferens Spermatic cord Seminal vesicles Ejaculatory duct	4:12-21	3.49	7.51	4.02
	Penis Corpora cavernosa Corpus spongiosum	4:22-28	7.51	10.28	2.37
	Suspensory ligament Bulb and crura of penis	4:29-33	10.28	12.59	2.31
	Muscles of perineum Perineal membrane	4:34-38	12.59	14.32	1.33
	Base of penis Male urethra	4:39-	14.32	17.00	2.28
Review		4:45	17.00	18.07	1.07
Female reproductive system		4:46-77	18.07	33.03	14.56
	Uterus Broad ligament Cervix Structures adjoining uterus and vagina	4:46-56	18.07	23.00	4.53
	Uterine tubes Fimbria Mesosalpinx Ovary Round ligament	4:57-64	23.00	26.35	3.35
	Labia majora and minora Vestibule of vagina Muscles of female perineum Perineal membrane Bulb of vestibule	4:65-74	26.35	31.10	4.35
	Clitoris Vagina Pelvic diaphragm	4:75	31.10	33.04	1.56
Review		4:78	33.04	34.13	1.09