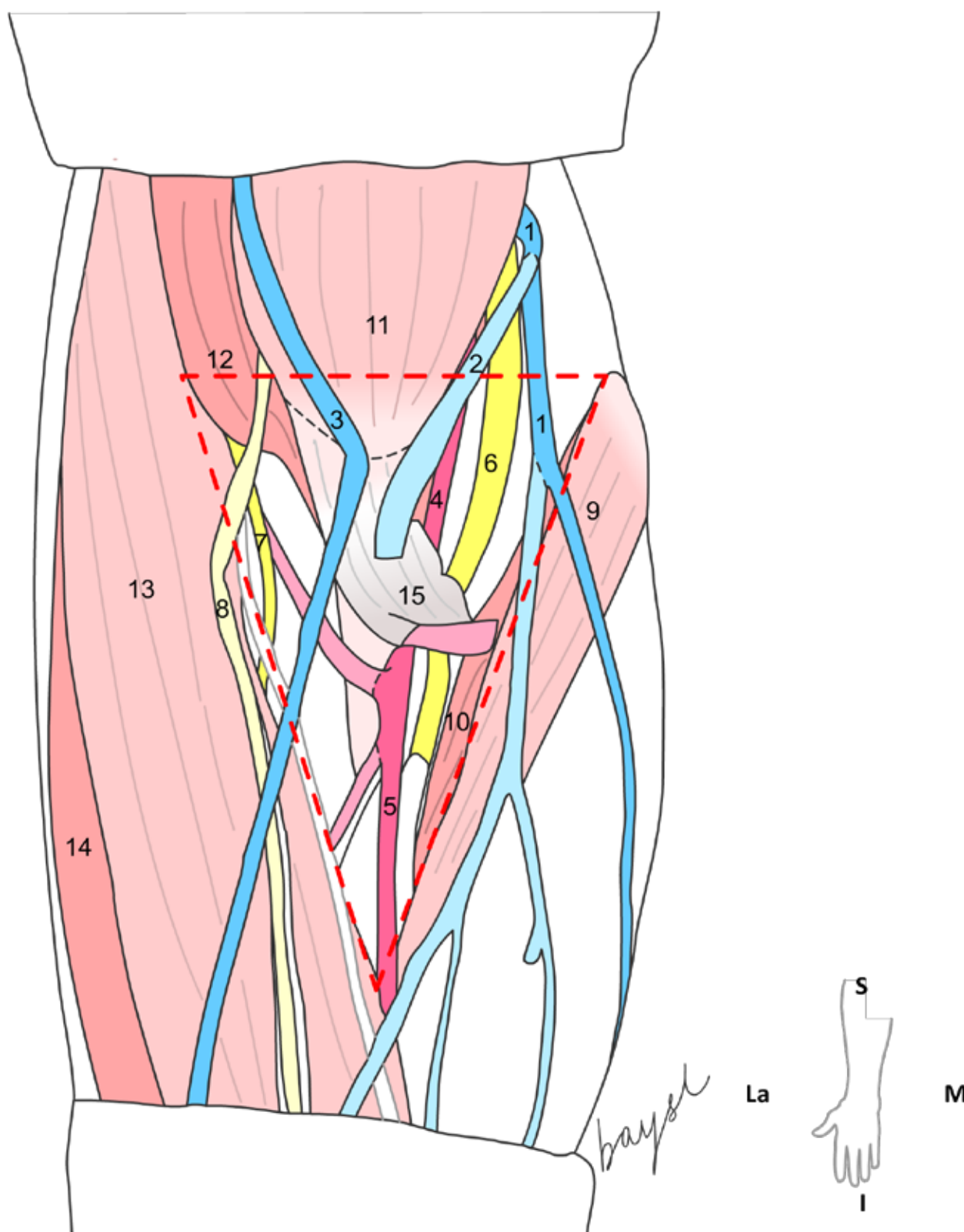


## CUBITAL FOSSA

**Anterior view of the cubital fossa.**

Part of the aponeurosis of biceps brachii and deep fascia have been removed to reveal the boundaries and contents of the cubital fossa (marked in red dotted line).

Veins	[	1. Basilic vein
		2. Median cubital vein
		3. Cephalic vein
Arteries	[	4. Brachial artery
		5. Ulnar artery
Nerves	[	6. Median nerve
		7. Radial nerve
		8. Lateral cutaneous nerve of forearm
Muscles	[	9. Pronator teres
		10. Pronator teres (deep)
		11. Biceps brachii
		12. Brachialis muscle
		13. Brachioradialis muscles
		14. Extensor carpi radialis longus
		15. Bicipital aponeurosis

The cubital fossa is the depression in front of the elbow joint. Its boundaries are:

Lateral – Brachioradialis

Medial – Pronator Teres

Roof of cubital fossa: Skin, Fascia and Bicipital aponeurosis

Floor of cubital fossa: Brachialis

The contents of the cubital fossa as described from most medial to lateral are:

1. Median Nerve
2. Bifurcation of the Brachial Artery into the Radial and Ulnar arteries
3. Tendon of Biceps Brachii
4. Radial Nerve

*\*Deep veins that accompany the brachial artery are also present.*

**CLINICAL CONSIDERATIONS**

1. The cubital fossa is the region commonly used for venepuncture. The median cubital vein can be found within the roof of the cubital fossa and due to its ease of access, is the site chosen for venepuncture.
2. The brachial artery – found in the cubital fossa – is used to measure both brachial pulse and blood pressure and it can be found by palpating lateral to the medial epicondyle of the humerus and medial to the tendon of biceps brachii. Blood pressure is recorded by auscultating the brachial artery.

**Question(s)**

*The median nerve traverses the cubital fossa:*

- *State the origin and root value of this nerve.*
- *Discuss the branches and distribution of this nerve.*

*The brachialis muscle forms the floor of the cubital fossa:*

- *Discuss the movements this muscle enacts.*
- *State the arterial supply to and the venous drainage of this muscle.*