

▲ CUBITAL FOSSA

◆ Definition

The cubital fossa is a triangular depression located anterior to the elbow joint, acting as a transition zone between arm and forearm.

◆ Formation

Formed between two muscles:

- Laterally → Brachioradialis
 - Medially → Pronator teres
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● BOUNDARIES ★

◆ Triangular Boundaries

Boundary	Structure
Superior (Base)	Imaginary line joining medial & lateral epicondyles
Lateral	Brachioradialis
Medial	Pronator teres
Apex	Where brachioradialis meets pronator teres

◆ Floor

Structure
Brachialis (proximal)
Supinator (distal)

◆ Roof

Layer	Contents
Skin	Superficial covering
Superficial fascia	Median cubital vein, cutaneous nerves
Deep fascia	Encloses fossa

Bicipital aponeurosis	Protects deeper structures ★
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💡 Clinical Insight:

👉 Bicipital aponeurosis protects brachial artery & median nerve during venipuncture

● CONTENTS OF CUBITAL FOSSA

◆ Main Contents (Lateral → Medial) ★

🔥 Mnemonic: "TAN"

Order	Structure
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T	Tendon of biceps brachii
A	Brachial artery
N	Median nerve

◆ Additional Content

Structure	Notes
Radial nerve	Lies laterally, divides into branches
Bifurcation of brachial artery	Into radial & ulnar arteries

 ARTERIAL DETAILS 

◆ Brachial Artery

- Terminates in cubital fossa
- Divides into:
 - Radial artery
 - Ulnar artery

◆ Important Variation ⚠

👉 Bifurcation may occur:

- Higher in arm or even in axilla

● NERVES IN CUBITAL FOSSA ⚡

◆ Median Nerve

- Lies medial to brachial artery
 - Passes into forearm between pronator teres heads
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◆ Radial Nerve

- Lies lateral side
 - Divides into:
 - Superficial branch (sensory)
 - Deep branch (posterior interosseous nerve)
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● SUPERFICIAL VEINS

◆ Important Veins

Vein	Location
Cephalic vein	Lateral
Basilic vein	Medial
Median cubital vein	Connects both ★

 Clinical Importance:

 Most common site for:

- IV injections
- Blood sampling

LYMPH NODES

◆ Supratrochlear (Epitrochlear) Nodes

Feature	Description
Location	Above medial epicondyle
Drainage	Medial hand + forearm
Drain into	Axillary lymph nodes

● RELATIONS SUMMARY TABLE 

Structure	Position
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Radial nerve	Most lateral
Biceps tendon	Central (lateral)
Brachial artery	Central
Median nerve	Medial

 APPLIED ANATOMY 

- ◆ 1. Blood Pressure Measurement
 - Stethoscope placed over:
 - 👉 Brachial artery in cubital fossa

◆ 2. Brachial Pulse

- Palpated:

👉 Medial to biceps tendon

◆ 3. Venipuncture

- Done at:

👉 Median cubital vein

⚠ Risk:

- Injury to brachial artery or median nerve if done improperly
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◆ 4. Supracondylar Fracture of Humerus

- May damage:

- Brachial artery
 - Median nerve
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◆ S. Nerve Injuries

Nerve	Effect
Median nerve	Loss of forearm flexion, hand weakness
Radial nerve	Wrist drop (if involved proximally)

💡 Quick Recall Box:

Cubital Fossa = Triangle

-> Boundaries:

L → Brachioradialis

M → Pronator teres

Base → Epicondyles

→ Contents:

T → Tendon

A → Artery

N → Nerve

→ The End ←