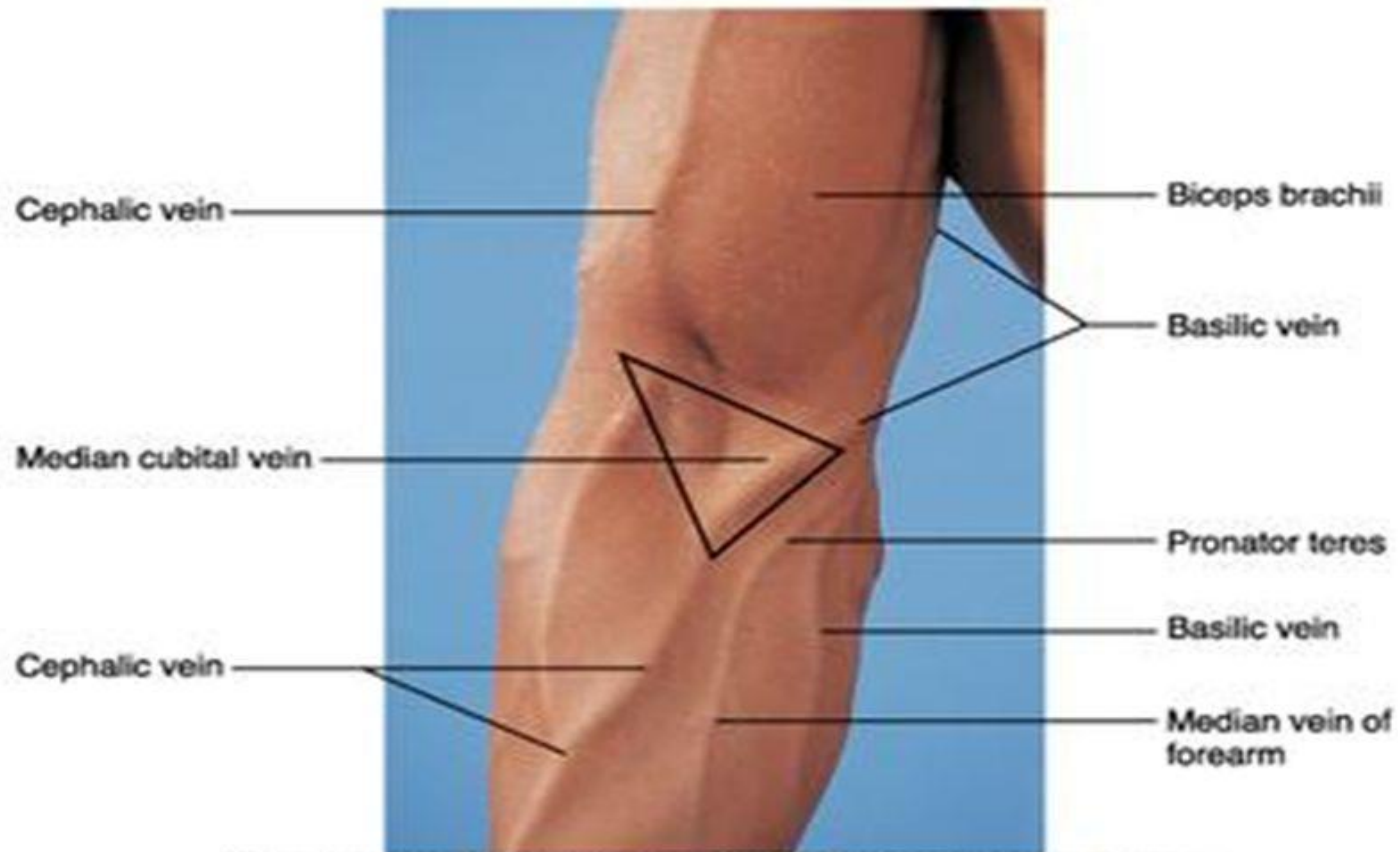


CUBITAL FOSSA

Cubital Fossa (Site for IV injection)



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- **The cubital fossa is a potential, triangular space (latin.cubitus=elbow) present in front of the distal humerus and the elbow joint.**
- **It is usually filled with variable amount of fat.**
- **Superficially it is seen as a depression in the front of the elbow joint.**
- **For descriptive purpose, the fossa can be said to have **medial and lateral boundaries, a base, an apex, a roof, a floor and contents****

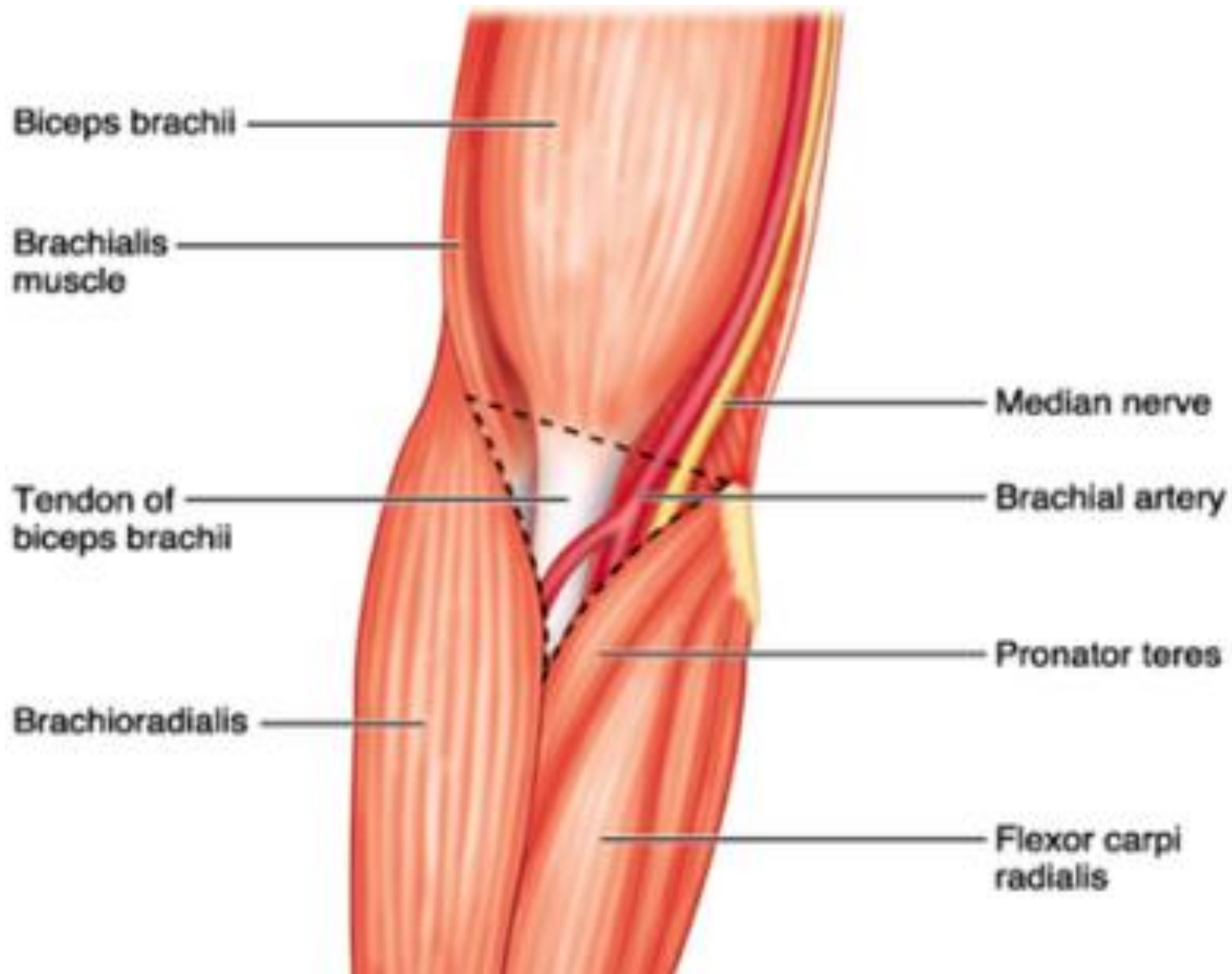
- **Boundaries-**

Medially- lateral border of pronator teres

Laterally- medial border of brachioradialis

Apex- point of convergence of the medial and lateral boundaries;

Base- an imaginary line connecting the medial and lateral epicondyles of the humerus.



ROOF –

➤ It is formed by the deep fascia and is reinforced by the bicipital aponeurosis.

➤ Overlying the deep fascia are the median cubital vein, the median vein of the forearm and the medial and lateral cutaneous nerves of forearm.

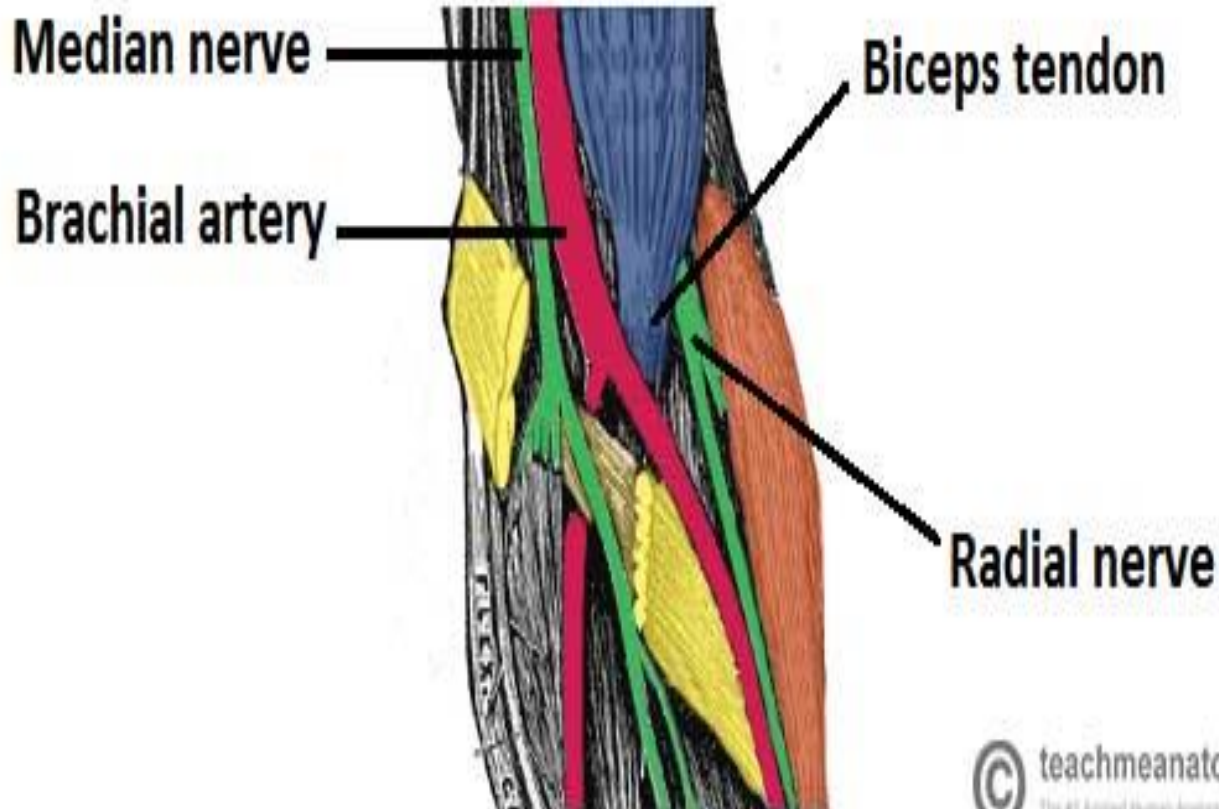
FLOOR-

- The floor of the fossa extends from the lower end of the arm to the upper end of forearm.
- The lower portion of **brachialis** forms the floor of the upper part of the fossa; the **supinator muscle** forms the floor of the lower part of the fossa.

Contents-(medial to lateral)

- Median nerve
- Brachial artery

- **Tendon of the biceps brachii and bicipital aponeurosis**
- **Radial nerve.**



➤ **Apart from the above mentioned structures, parts of the radial recurrent artery, anterior ulnar recurrent artery and the ulnar collateral artery may be seen in the cubital fossa.**

➤ **The musculocutaneous nerve can be seen at the lateral border of the tendon of biceps from where it continue as the lateral cutaneous nerve of forearm.**

CLINICAL ASPECTS

- **During blood pressure measurements, the stethoscope is placed over the brachial artery in the cubital fossa**
- **The area just superficial to the cubital fossa is often used for venous access in procedures such as injections and obtaining sample for blood test.**