

## Q13 – Cubital Fossa

### Definition Note

The cubital fossa is a triangular intermuscular space situated on the anterior aspect of the elbow joint. It acts as a passage for important neurovascular structures between the arm and the forearm and is of great clinical importance.

### Situation and Shape

The cubital fossa lies in front of the elbow joint and becomes prominent when the elbow is extended and the forearm is supinated. It is triangular in shape with its base directed superiorly and apex directed inferiorly.

### Boundaries

The base is an imaginary line joining the medial and lateral epicondyles of the humerus. The medial boundary is formed by the pronator teres muscle, while the lateral boundary is formed by the brachioradialis muscle. The apex is formed by the meeting of pronator teres and brachioradialis muscles.

### Roof

The roof is formed by skin, superficial fascia containing the median cubital vein, cephalic and basilic veins, medial and lateral cutaneous nerves of forearm, deep fascia, and the bicipital aponeurosis. The bicipital aponeurosis protects the underlying brachial artery and median nerve.

### Floor

The floor is formed by the brachialis muscle medially and the supinator muscle laterally.

### Contents

The contents of the cubital fossa are arranged from medial to lateral as median nerve, brachial artery, biceps brachii tendon, and radial nerve. The brachial artery divides into radial and ulnar arteries within the fossa.

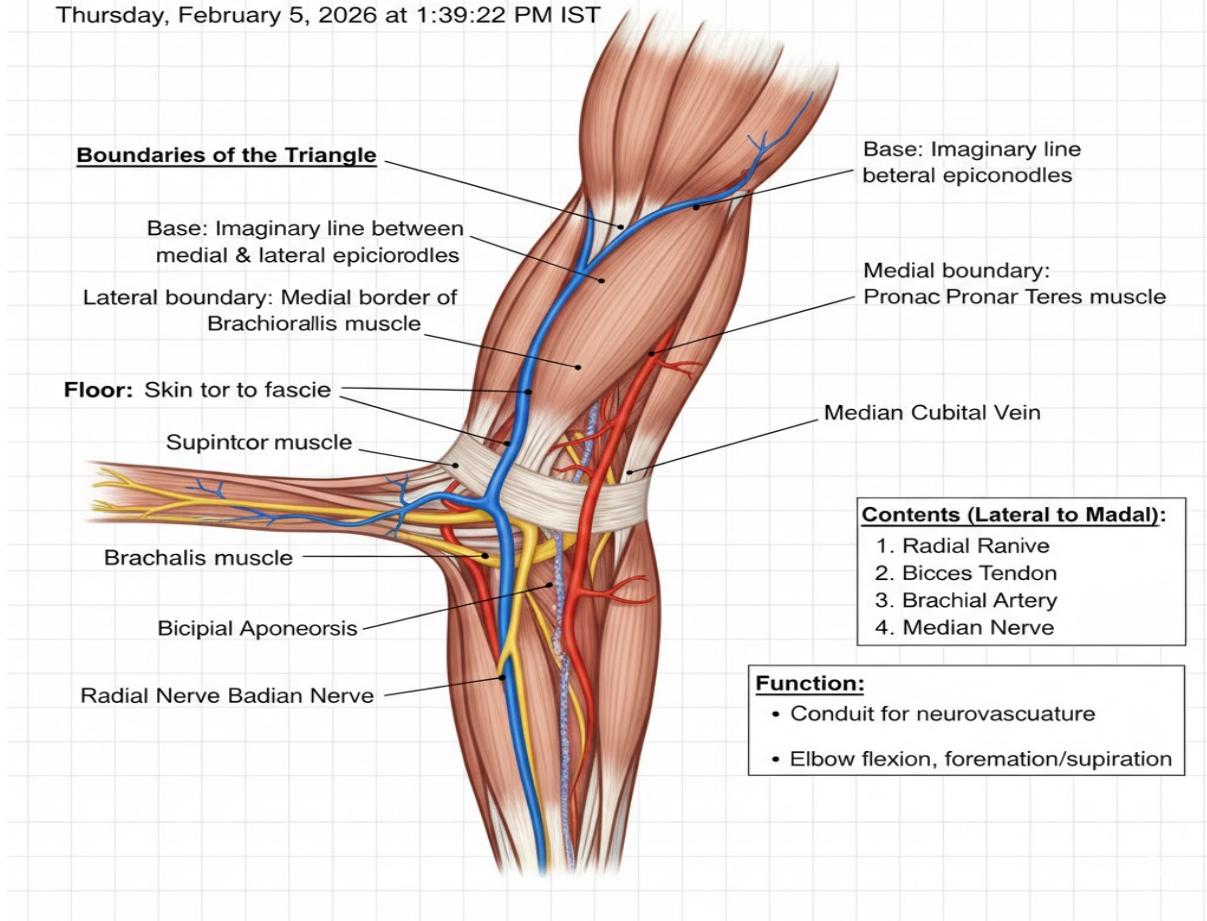
### Clinical Importance

The median cubital vein is commonly used for venepuncture. The brachial artery is palpated and used for blood pressure measurement. Supracondylar fractures of humerus may injure the brachial artery or median nerve. The bicipital aponeurosis protects vital structures during clinical procedures.

## Labeled Diagram – Cubital Fossa

### Cubital Fossa Anatomy

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Conclusion: The cubital fossa is a small but highly important anatomical region that transmits major nerves and vessels between the arm and forearm. Its anatomy is essential for clinical examination, venepuncture, and management of elbow injuries.