

## 疼痛治療最頂級基本功—向解剖學致敬

日期：2023.01.16. (週一)

時間：08:30-16:10

主辦單位：台灣疼痛醫學會、國立台灣大學醫學院解剖所

地點：國立台灣大學醫學院解剖學實驗室(仁愛路一段 1 號一樓)

名額：32 位(含 8 位志願服務名額，會後留下協助大體老師縫合)

Course organizer：林至芃、唐宗詠、莊淨為

Lecturer group：台大骨科 胡名孝醫師、台大骨科 張宗訓醫師、

台大神經外科 周聖哲醫師、高雄榮總 耳鼻喉科 劉昱希醫師

### Stations & Rotations:

1. Head & anterior neck
2. Posterior neck and back
3. Anterior part of extremities
4. Lumbar spine/post pelvis/hamstrings

站別	A	B	C	D
分組	Head & Anterior neck	Anterior part of extremities	Lumbar spine & posterior pelvis and hamstrings	Posterior neck and back
0830-1030	Group 1	Group 2	Group 3	Group 4
1030-1050	Coffee break 20 mins			
1050-1210	Group 4	Group 1	Group 2	Group 3
1210-1310	Lunch			
1310-1430	Group 3	Group 4	Group 1	Group 2
1430-1440	Coffee break 10 mins			
1440-1600	Group 2	Group 3	Group 4	Group 1
1600-1610	Panel Discussion and Closing			

說明：第一站規劃兩小時，第二站後皆為一個半小時原因在於首站需要較多時間 dissect，次站以後省去最前面的步驟，相對所需時間較少。

### Station/Topics:

#### (1) Head & anterior neck

**Nerves:** Superficial cervical plexus, spinal accessory nerve, brachial plexus, phrenic nerve, cervical roots, suprascapular n, stellate ganglion, facial nerves

**Muscles:** Scalenes, omohyoid, Longus colli/capitis and prevertebral fascia

**Joints/vessels/others:**

Facet and capsule, uncovertebral joint, disc, vertebral a, TMJ, parotid gland, Sphenopalatine fossa

**Station/Topics:**

**(2) Posterior neck and back**

**Suboccipital region**

**Nerves:** greater occipital nerve, third occipital nerve, cervical medial branches, C2 DRG

**Muscles:** Upper trapezius, splenius capitis, semispinalis capitis, oblicus capitis posterior, Rectus capitis posterior major/minor

**Joints/vessels:** AO, AA joint, vertebral a.

**Upper back/axilla**

**Nerves:** dorsal scapular nerve, spinal accessory n, suprascapular n, axillary n

**Muscles:** trapezius, levator scapulae, rhomboids, serratus posterior, deep muscles

**Joints:** Post. & Inf. capsule of shoulder

**Station/Topics:**

**(3) Anterior part of extremities**

**Shoulder**

- Subdeltoid bursa and supraspinatus AC joint, CC ligament and CA ligament
- Biceps tendon, CHL and SGHL
- Biceps origin and superior labrum

**Elbow**

- Common flexor tendon
- Ulnar nerve and cubital tunnel
- Ulnar collateral ligaments
- Common extensor tendon
- Radial nerve and supinator
- Lateral collateral ligaments
- Median nerve and pronator teres

**Wrist**

- TFCC and stabilizing structures
- Scapholunate joint
- Extensor tendons: De Quervain
- Median nerve and carpal tunnel
- Ulnar nerve, Guyon canal and Hamate -Carpal bones

**Hip**

- Rectus femoris, direct and indirect tendon
- Hip articular branches
- Adductor muscles and obturator nerve
- Adductor canal, sartorius and adductor
- Greater trochanter and gluteus tendons

**Knee**

- ACL, PCL and meniscus
- Infrapatellar branches of saphenous nerve
- And others

**Ankle**

- Tibiotalar joint, Sinus tarsi, ATFL, calcaneofibular lig. Deltoid lig., spring lig. and subtalar joint
- Superficial peroneal nerve, sural nerve, tibial n, plantar n, Baxter nerves...

### **Station/Topics:**

#### **(4) Lumbar spine/post pelvis/hamstrings**

##### **Lateral recess**

- Ligamentum flavum
- Intervertebral disc
- Facet joint anterior capsule
- Interlaminar trajectory of PELD

##### **Neuroforamen**

- Lumbar nerve roots, Radicular arteries
- Safe triangle Kambin triangle

##### **Lower back muscles**

- Erector spinae: spinalis, longissimus and iliocostalis
- Quadratus lumborum
- Latissimus dorsi and triangle of Petit
- Psoas muscles and sympathetic chain
- Superior cluneal nerve

##### **Post. pelvis**

- SI joint and iliolumbar ligament
- Parasacral sciatic nerve and Ext. rotators
- Pudendal nerve (SSL/STL) and Alcock canal

##### **Hamstrings**

- Sciatic nerves and branches
- Conjoint tendon and SemiT SemiM and biceps@ischial tuberosity
- TFL, LCL and biceps femoris insertion
- Popliteus muscle