

# The Medical Student's Master Guide to Human Body Mapping

## SURFACE ANATOMY & REGIONAL TERMINOLOGY

### Double-Naming

Every region is identified by its anatomical adjective first, followed by its common name (e.g., Axillary/Armpit) to build clinical vocabulary.

**Axillary**  
(Armpit)

**Brachial**  
(Upper arm)

**Antocubital**  
(Front of elbow)

**Antebrachial**  
(Forearm)

**Carpal**  
(Wrist)

**Pollex**  
(Thumb)

**Digital/Phalangeal**  
(Fingers)

### The "Pollox" Memorization Hint

A common student mnemonic: "Your Pollex (thumb) is near your Rolex (wrist)."

**Pelvic**  
(Pelvis)

**Pubic**  
(Pubis)

**Cranial**  
(Skull)

**Facial**  
(Face)

**Cervical**  
(Neck)

**Thoracic**  
(Chest)

**Mammary**  
(Breast)

**Abdominal**  
(Abdomen)

**Umbilical**  
(Navel)

**Palmar**  
(Palm)

**Coxal**  
(Hip)

**Inguinal**  
(Groin)

**Femoral**  
(Thigh)

**Patellar**  
(Kneecap)

**Crural**  
(Leg)

**Tarsal**  
(Ankle)

**Pedal**  
(Foot)

Male/Female Representation Included

**Scapular**  
(Shoulder blade)

**Dorsal**  
(Back)

**Thoracic**  
(Mid-back)

**Olecranal**  
(Back of elbow)

**Lumbar**  
(Lower back)

**Sacral**  
(Sacrum)

**Gluteal**  
(Buttock)

**Gluteal**  
(Buttock)

**Popliteal**  
(Back of knee)

**Sural**  
(Calf)

## THE AXIAL FRAMEWORK & SPINAL ANATOMY

### 13% Incidence of Spinal Fractures

Among blunt trauma patients, roughly 13% have at least one spinal column fracture, making spinal mapping a critical diagnostic skill.

## MAPPING THE LYMPHATIC SYSTEM

### The 900-Point Lymphatic Map

A comprehensive system indicates 404 lymphatic trunks, 309 lymph node groups, and 165 distinct anatomical drainage regions.

### Bony Palpation Landmarks

Clinical assessments rely on identifying surface features like the Uroacoid process (shoulder) and the Pelvis to determine postural alignment and injury sites.

### The "Roots" of Lymphatic Flow

In anatomical mapping, the Thoracic Duct and Right Lymphatic Duct are considered the roots where all vessels eventually converge.

### Directional Drainage Mapping

Modern maps (like HuBMAP) use a "portography" to show how microlymphatics drain from specific regions into larger nodes and collecting vessels.

## LEARNING RESOURCES FOR STUDENTS



### Interactive 3D Platforms vs. Wikis

Tools like **Complete Anatomy** offer dissectible 3D models and Aft modes, while **TeachMeAnatomy** provides high-quality 2D diagrams and clinical relevance boxes.



### Visual Atlases

Resources like the **Netter Atlas** and **Gray's Anatomy**-inspired screens provide the industry-standard gold labels for gross anatomy study.