

RIGHT UPPER QUADRANT (RUQ)	LEFT UPPER QUADRANT (LUQ)
Right lobe of liver	Left lobe of liver
Gallbladder	spleen
Stomach- pylorus	Stomach –body/main part
Duodenum 1-3 rd part	Jejunum & proximal ileum
Pancrease-head	Body and ail of pancrease
Right kidney/suprarenal gland	Left kidney/suprarenal gland
Right colic/hepatic flexure	Left colic/splenic flexure
Ascending colon- superior part	Transverse colon
	Descending colon- superior prt

RIGHT LOWER QUADRANT	LEFT LOWER QUADRANT
Caecum	Sigmoid colon
Vermiform appendix	Descending colon-inferior part
Most of ileum	left ovary
Ascending colon-inferior part	left uterine tube
Right ovary	Left spermatic cord-abdominal part
Right uterine tube	Uterus if enlarged
Right spermatic cord-abdominal part	Urinary bladder if enlarged
Uterus if enlarged	
Urinary bladder if enlarged	

THE ABDOMINAL WALL

It represents the boundaries of the abdominal cavity and it is divided into anterior (front), lateral (sides) and posterior (back). However there are no definite boundaries between the anterior and lateral so they are describes as one “Anterolateral abdominal wall”

The anterolateral abdominal wall is bounded superiorly by the 7-10th ribs and xiphoid process superiorly and the inguinal ligament and pelvic bones inferiorly

FUNCTIONS OF THE ABDOMINAL WALL

- ❖ **Protects abdominal visceral from injury**
- ❖ **Maintains anatomical position of abdominal viscera against gravity**
- ❖ **Assists in forceful expiration by pushing the abdominal viscera upwards.**
- ❖ **Involve in actions that increases intra-abdominal pressure.**

Six Pack Abs Workout Routine

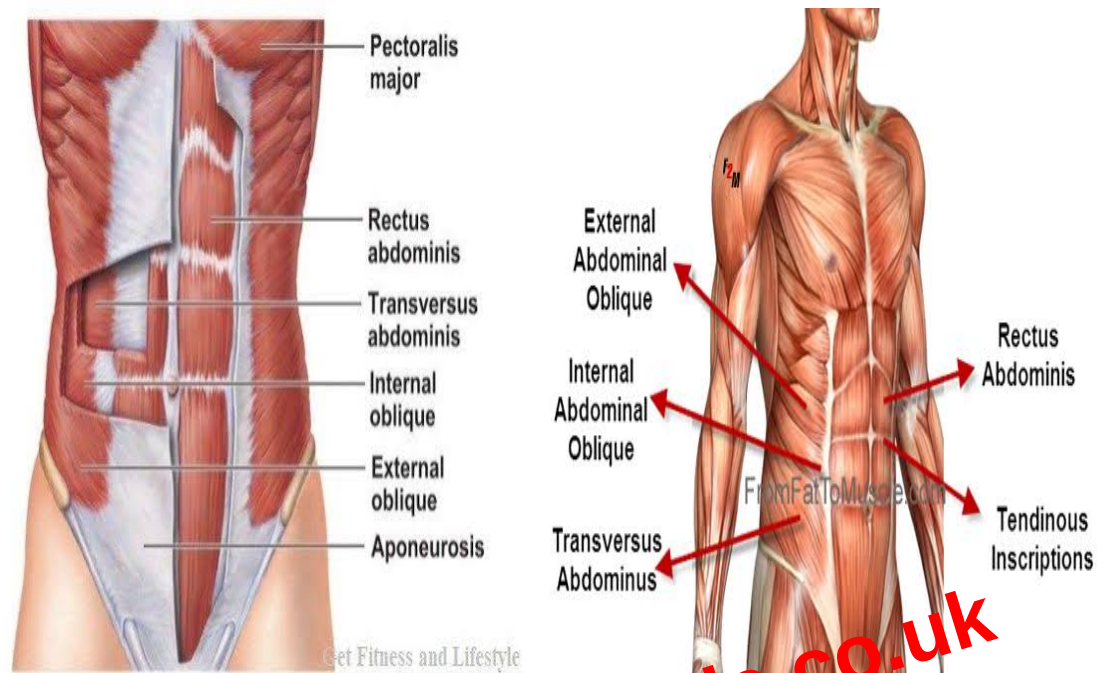


Fig. muscles of the anterolateral abdominal wall

External Oblique

The external oblique is the largest and most superficial flat muscle in the abdominal wall. Its fibres run inferomedially. Inferiorly the muscle fibers folds back on itself to form the inguinal ligament between the anterior superior iliac spine and the pubic tubercle.

- **Attachments:** Originates from ribs 5-12, and inserts into the linea alba, iliac crest and pubic tubercle.
- **Functions:** Contralateral rotation of the trunk, flexes trunk, compresses and support abdominal organs.
- **Innervation:** Thoracoabdominal nerves (T7-T11) and subcostal nerve (T12).

Internal Oblique

The internal oblique lies deep to the external oblique. It is smaller and thinner in structure, with its fibres running **superomedially or anteromedially** (perpendicular to the fibres of the external oblique).

- **Attachments:** Originates from the inguinal ligament, iliac crest and lumbodorsal fascia, and inserts into ribs 10-12 and linea alba.
- **Functions:** Bilateral contraction compresses the abdomen, while unilateral contraction ipsilaterally rotates the torso, flexes trunk.