

UPPER ARM SURFACE ANATOMY

ANTERIOR VIEW (FRONT)

Anterior Diagram Reference

- **Deltoid (Ant.)** Shoulder contour
- **Biceps Brachii** Main anterior mass
- **Cephalic Vein** Lateral groove
- **Cubital Fossa** Elbow crease

POSTERIOR VIEW (BACK)

Posterior Diagram Reference

- **Triceps (Long)** Medial posterior mass
- **Triceps (Lat.)** Outer posterior mass
- **Olecranon** Bony point of elbow
- **Lateral Head** Upper horseshoe curve

KEY SURFACE LANDMARKS

- **Bicipital Groove** Between biceps/triceps
- **Coracobrachialis** Upper medial aspect
- **Brachialis** Lateral lower deep mass
- **Medial Epicondyle** Inner elbow prominence