

COLOR-BY-NUMBER ILLUSTRATIONS OF PELVIC ANATOMY

Study the explanations, cross-sections, and full perineal views together. First, choose which color to assign to each number. Color the diagrams using colored pencils (pencils work best because they take a fine point and won't bleed through the paper). In the United States, Crayola™ makes nice sets of pencils that are not too expensive. When you decide on a color, fill in a patch beside the corresponding number on the list, so you don't use that color for two numbers. You may need to combine two colors to create enough of them to have a different color for each part, or you may decide to use the same color for two very dissimilar parts (to avoid confusion). Numbering is consistent in the drawings that follow, but the structures are listed in no particular order. Therefore, it will be easiest to first refer to the numbers from the drawings and then the list to find a structure. Not every structure is listed and not every listed part is illustrated in every drawing. Read about a structure and then go to each drawing and color it in, in order to learn its position from different perspectives. Doing the coloring will help you learn. It is a good idea to photocopy this list so you can refer to it as you draw without constantly turning back to these pages.

1. Clitoral body (1); crura (1a)
2. Clitoral glans
3. Clitoral bulbs
4. Urethra (4a); urethral orifice (4b)
5. Yoni canal
6. Clitoral root
7. Hymenal ring
8. Yoni fornices
9. Ischiocavernosus muscles
10. Superficial transverse perineal muscle
11. Perineal membrane connective tissue complex: banded parts (11a); 3-D part (11b)
12. Internal anal sphincter
13. Winged part of the external anal sphincter
14. Main part of the external anal sphincter
15. Longitudinal anal muscle
16. External sphincter space
17. Subcutaneous part of the external anal sphincter
18. Deep postanal space
19. Bulbocavernosus muscle
20. Puboanalis muscle component of pubovisceral complex
21. Pubococcygeus fibers of pubovisceral complex and tendinous plate of pubococcygeus
22. Puboperinealis muscle of pubovisceral complex
23. Vaginolevator attachments of pubovisceral complex
24. Fascia
25. Puborectalis muscle
26. Iliococcygeus muscle
27. Ureter

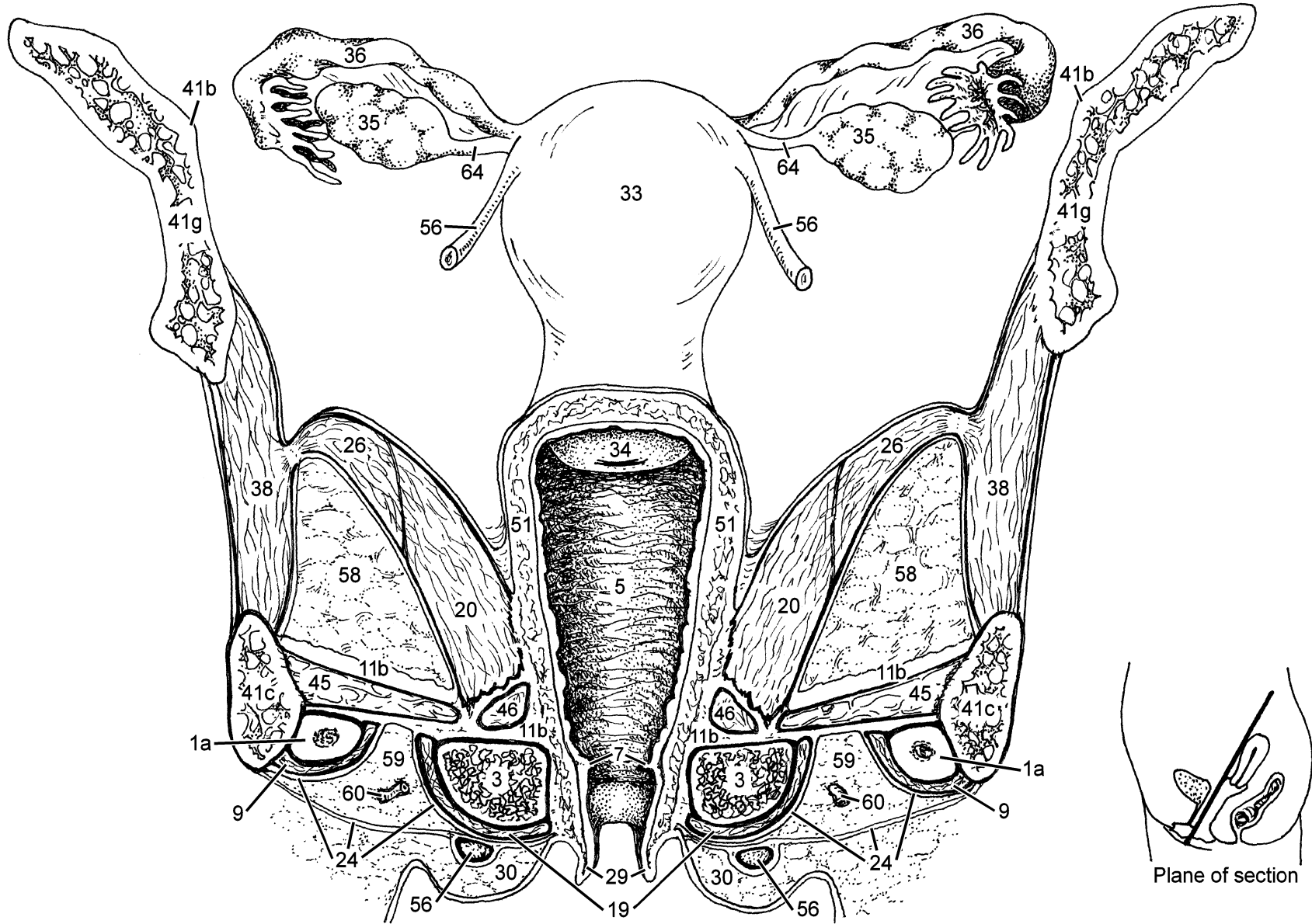
28. Vestibule of the vulva
29. Labia minora
30. Labia majora
31. Perineal body
32. Bladder
33. Uterus
34. Cervix
35. Ovary
36. Uterine or egg tube (Fallopian tube)
37. Baby's head crowning
38. Obturator internus muscle
39. Tendinous arch of the pelvic fascia
40. Anococcygeal ligament contribution from external anal sphincters
41. Bony structures of the pelvis (41); pubic bone (41a); pelvic brim (41b); ischiopubic rami (41c); sacrum (41d); ischial tuberosity (41e); coccyx (41f); ilium (41g). (Color coding does not apply to these alphabetical designations)
42. Rectal canal
43. Retrourterine pouch
44. Urethral sphincter
45. Compressor urethra
46. Urethrovaginal sphincter
47. Deep suspensory ligament of the clitoris
48. Pubourethral ligament
49. Urethral carina
50. Detrusor muscle of bladder
51. Cut edges of tissue (not always numbered)
52. Vestibular gland and duct
53. Anus
54. Gluteus maximus muscle
55. Sacrotuberous ligament
56. Round ligament
57. Suspensory ligament of the ovary
58. Ischiorectal fossa
59. Superficial perineal space
60. Perineal artery
61. Dorsal vein of the clitoris
62. Mons veneris
63. External coat of rectal canal
64. Ovarian ligament

Notes on these anatomical drawings: Some structures are left out to clarify the position of those being illustrated. This does not make them less important. The drawings in this part of the book have been adapted from illustrations based on dissected cadaver material. In some, an attempt has been made to show approximate tissue relationships in life, based on

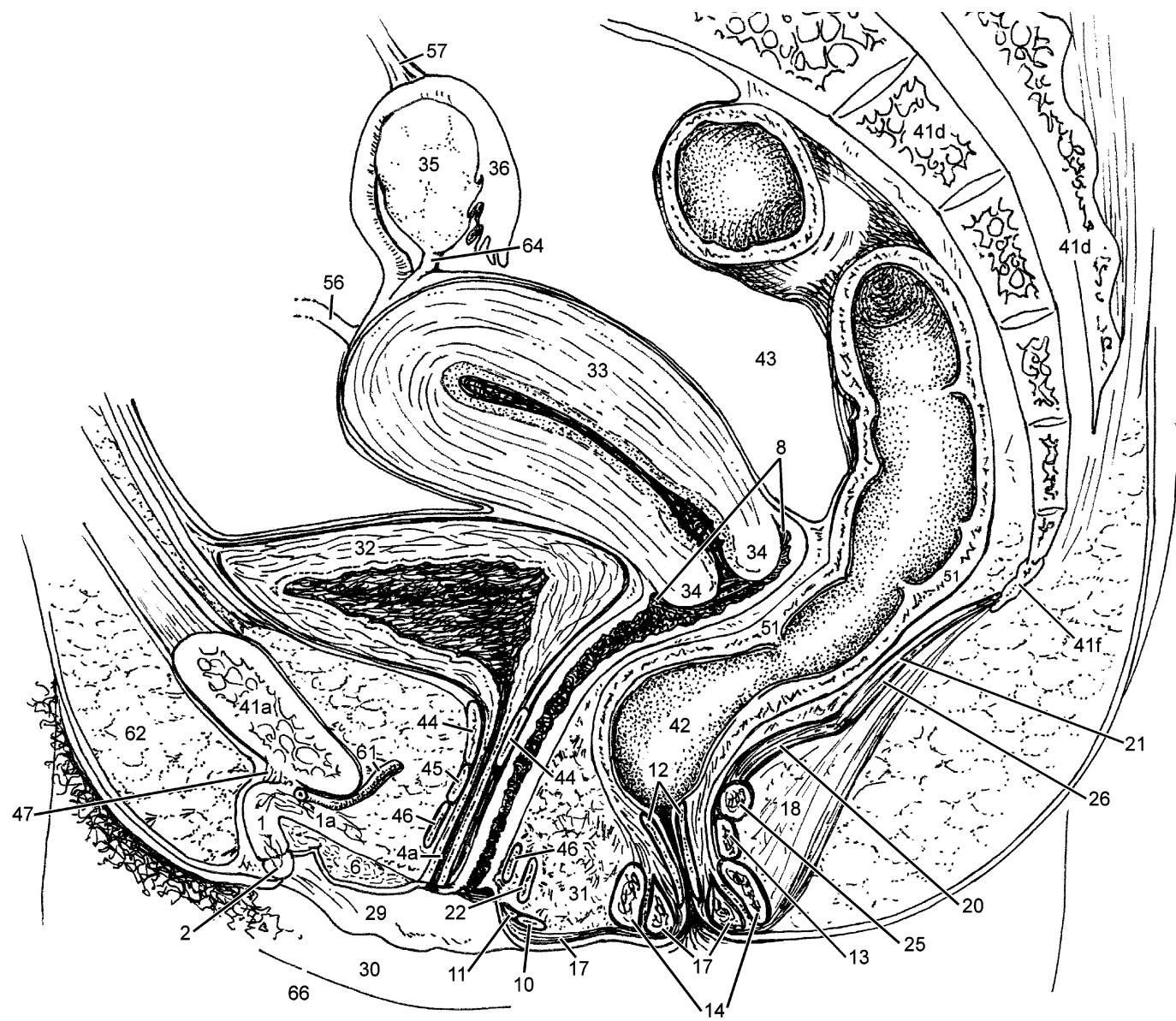
information derived from study as well as MRI images. For other drawings, we stuck strictly with what was true for cadavers, as noted. Keep in mind the differences in tissue relationships between a live woman and a cadaver as you go through this chapter.

- I. This coronal (frontal) section is cut on a somewhat posterior angle. It shows the depth relationship of the more shallow pelvic structures. Note that the plane of this section is through the longitudinal center of the yoni, not through the central point of the perineum, and that the uterus is lifted up and out of the way. It was drawn from a cadaver specimen with levator ani muscle tone suggested.
- II. This median sagittal section of the pelvic organs shows the muscles within the other soft tissue in a cadaver, with an attempt to demonstrate tone in the levator ani complex.
- III. This parasagittal section focuses on the relationship between the muscles of the anterior and posterior compartments in a cadaver.
- IV. Perineal view of the muscles of the pelvic floor in a cadaver. Tone is absent and thus pelvic floor components are flatter, broader and the entire pelvic floor is bowl-shaped.
- V. Perineal view of the pelvic muscles at crowning, with an average amount of thinning. The mother is in a supine position. This view was chosen simply because reference images showing the muscles when the mother is pushing in other-than-supine positions could not be located.

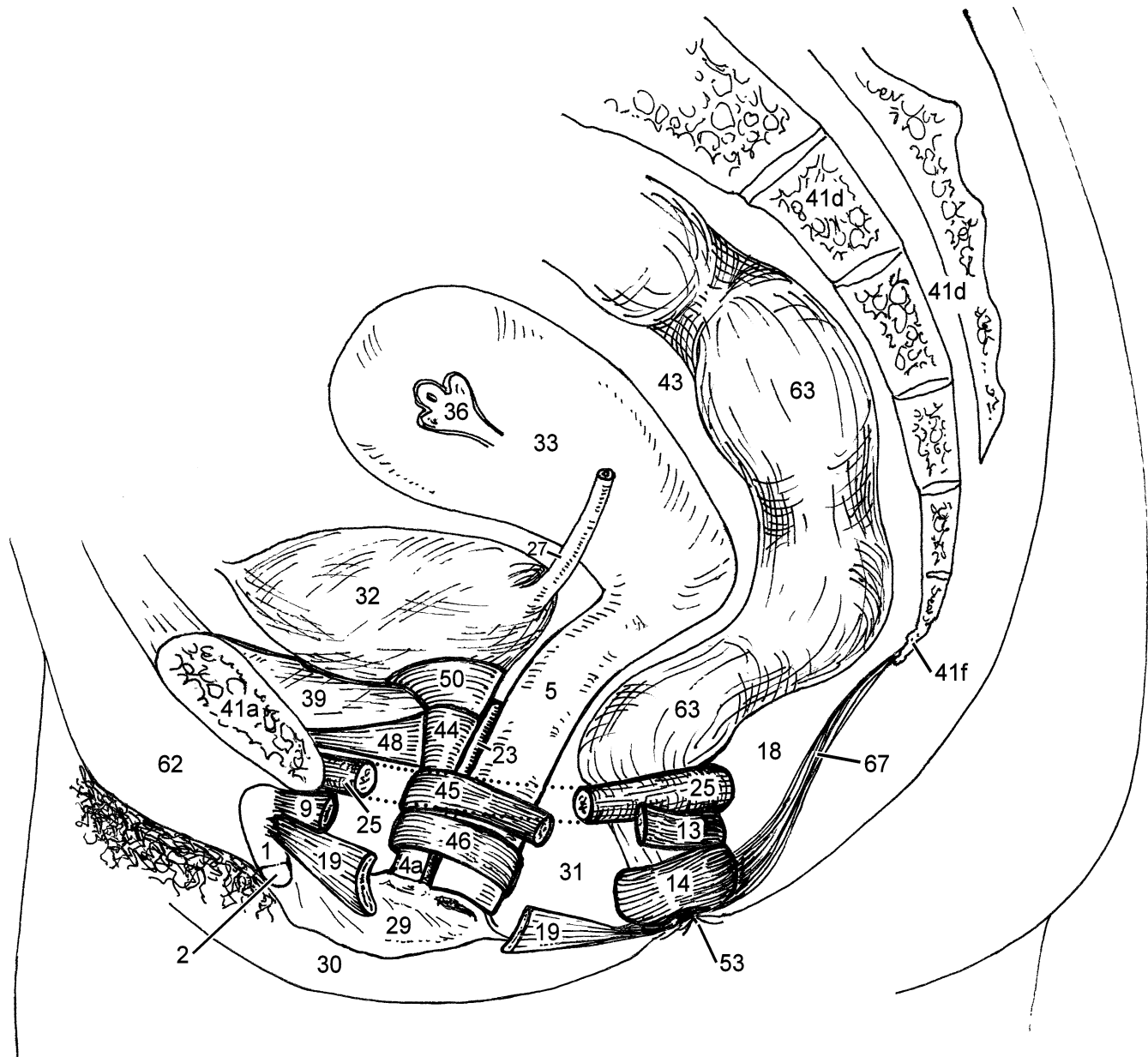
I.



II.



III.



V.

