



Round ligament (ligamentum teres) of liver
 Transverse colon
 Rectus abdominis muscle
 Linea alba
 Branches of inferior epigastric vessels
 Omental appendices
 Rectus sheath
 Greater omentum
 Transversus abdominis aponeurosis
 Parietal peritoneum
 External oblique aponeurosis
 Internal oblique aponeurosis
 Transversalis fascia
 Mesentery of small intestine
 Transversus abdominis muscle
 Superior mesenteric vessels
 Small intestine (jejunum)
 Small intestine (ileum)
 Internal oblique muscle
 Lymph node
 External oblique muscle
 Ascending colon
 Right paracolic gutter
 Descending colon
 Left paracolic gutter
 Tendon of origin of transversus abdominis muscle
 Left ureter
 Iliohypogastric nerve
 Quadratus lumborum muscle
 Ilioinguinal nerve
 Latissimus dorsi muscle
 Layers of thoracolumbar fascia { Combined, Middle, Posterior }
 Testicular (ovarian) vessels
 Psoas minor muscle
 Psoas major muscle
 Right genitofemoral nerve
 Left sympathetic trunk
 Inferior vena cava
 Anterior longitudinal ligament
 Ligamentum flavum
 Erector spinae muscle
 Abdominal aorta
 Spinous process of L3 vertebra
 Intervertebral disc between L3 and L4 vertebrae
 Intermesenteric (aortic) plexus

