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| **Outer Nasal Wall Bones (7)** | **Cant** Capitate |
| **Seven** Sphenoid | **Handle** Hamate |
| **Parts** Palate | **Bones of the Wrist (mnemonic #2)** |
| **Entering** Ethmoid | **Never** Navicular |
| **Into** Inferior turbinate | **Lower** Lunate |
| **Nose** Nasal | **Tillie’s** Triquetrum |
| **Muster** Maxilla | **Pants,** Pisiform |
| **Laterally** Lacrimal | **Mother** Greater Multiangular |
| **Bones of the Upper Limb (7)** | **May** Lesser Multiangular |
| **Some** Scapula | **Come** Capitate |
| **Criminals** Clavical | **Home** Hamate |
| **Have** Humerus | **Levels of the Spinal Column** |
| **Underestimated** Ulna | **Carrying** Cervical |
| **Royal** Radius | **Tons** Thoracic |
| **Canadian** Carpus | **Loosens** Lumbar |
| **Mounted** Metacarpals | **Spinal** Sacral |
| **Police** Phalanges | **Column** Coccyx |
**Interosseus Muscles**

PAD: Palmar interossei are ADductors of fingers.

DAB: Dorsal interossei are ABductors of fingers.

**Rotator Cuff Muscles**

**SITS**

Supraspinatus

Infraspinatus

Teres minor

Subscapularis

**Insertion of the Latissimus Dorsi**

Remember “A Miss between two Majors (latississimiss dorsi inserts between insertions of pectoralis major and teres major)

**Interossei Muscles of the Hand and Foot (16)**

**The middle finger receives 2 dorsal, but no palmar, the 2nd toes receives 2 dorsal, but no plantar.**

2 middle finger, 2 second toe

That for the dorsal ones, Yo ho!

None middle finger, none second toe

That for the palm and plantars go.

**Muscles that Act to Depress the Mandible**

Please Pterygoid, Lateral

Drop Digastric

My Mylohyoid

Gum Geniohyoid
Nerves

Nerves of the Brachial Plexus (10)

Dolorous (1) loathing (2) of subhuman (3) soup (4) (Lateral Cord)

Lat pec (5) lat root (6), musculo-cute (7) (Lateral cord)

Med pec (8), med root (9), med brach (10), U (11) meds aint cute (12) (Medial cord)

Upper sub (13), lower sub (14), radial (15) T(16), and the last one, you’ve got it, is axillary (17) (Posterial cord)

1. Dorsal scapular
2. Longe thoracic
3. Subclavius
4. Superscapular
5. Lateral pectoral
6. Lateral root of median nerve
7. Musculocutaneous
8. Medial pectoral
9. Medial root of median nerve
10. Medial brachial
11. Ulnar
12. Medial antebrachial cutaneous
13. Upper subscapular
14. Lower subscapular
15. Radial
16. Thoracodorsal
17. Axillary

Innervation of the Pelvic Diaphragm

S2, S3, S4 Keep the ass up off the floor

Innervation of the Diaphragm

C3, C4, C5 Keep the diaphragm alive.

Spatial Relations

Position of the Mitral Valve

The mitral (bicuspid) valve is so named because its two cusps resemble a bishop’s crown, or mitre.
Relations of Vessels in Front of Thigh

**NAVEL**

Femoral Nerve
Femoral Artery
Femoral Vein
Empty space
Lymph nodes and vessels

Relations of the Forearm Muscles (superficial group)

If you extend your right arm with your palm up and hook your left thumb around the medial aspect of the right forearm and back behind the elbow, then rest the other four fingers across your anterior forearm, each finger will represent a muscle:

Index finger = p. (pronator teres)
Middle finger = f. (flexor carpi radialis)
Ring finger = p. (palmaris longus)
Little finger = f. (flexor carpi ulnaris)

Layers of the Scalp

**SCALP**

Skin
Connective tissue (dense)
Aponeurosis
Loose connective tissue
Pericranium

Relations of the Ureter and Uterine Artery

Remember “Ureter Under, Artery Above” and recall, “Water goes under the bridge”.

Orientation of the Anterior and Posterior Cruciate Ligaments

Cross your index and middle fingers on both hands and place each hand palm down on your knees. The middle finger begins laterally and ends up anteriorly, which is analogous to the anterior cruciate ligament. The index finger begins medially and ends up posteriorly, like the posterior cruciate ligament.
Structures passing through the cavernous sinus (16)

Offers  Oculomotor nerve
To    Trochlear nerve
Operate  Ophthalmic division of trigeminal nerve
Are  Abducens nerve
Cautiously  Internal Carotid artery
Made  Maxillary division of trigeminal nerve

Structures passing through the Lesser Sciatic Foramen (16)

Not  Nerve to obturator internus
Tonight  Tendon of obturator internus
Please!  Pudendal vessels and nerves

Contents of the Cubital Fossa (16)

TAN
Tendon of the biceps
Brachial Artery subdividing into radial and ulnar arteries
Median Nerve

Contents of the Carotid Sheath (16)

Idleness  Internal jugular vein, lateral
Causes  Carotid artery (internal, common), medial
Vice  Vagus nerve, posterior and between

Order of the Blood Vessels leaving the heart as viewed anteriorly (7)

SAP
Superior Vena Cave
Aorta
Pulmonary Trunk
Order of structures at Hilums (7)

Hilum of liver: **DAV**
- Duct
- Artery
- Vein

Hilum of other organs: **VAD**
- Vein
- Artery
- Duct

Contents of the popliteal Fossa (7, 16)
- A: Popiteal Artery
- Vain: Popiteal Vein
- Man: Medial popliteal nerve
- Greatly: Geniculate branch of obturator
- Likes: Lateral popliteal nerve
- Loud: Lymph nodes
- Praise: Posterior femoral cutaneous nerve

Order of Structures in the hollow of the palm (16)
- Palmar aponeurosis
- Superficial palmer arch
- Medial nerve
- Flexor digitorum superficialis

Course of the Oculomotor Nerve (16)
- Through peduncular cistern first I run,
- Then pierce dura- just for fun;
- Here posterior clinoid is to medium
- Between the two borders of tentorium.
Next laterally in the sinus I go,
Crossed by trochlear from below;
Into two branches then I split
And these round nasociliary fit.
Thro’ orbital fissure next I pass
Between the heads of the lateral rectus,
Entering orbit that I may
Supply levator palpabrae.
Inferior oblique and rect three
With twig to the ganglion come from me.

Relations of Bronchus, artery, and vein (anterior to posterior)

**VAB**
Vein
Artery
Bronchus

Relations of Renal Artery, Vein, and Urether (anterior to posterior)

**VAD**
Vein
Artery
Duct (of urether)

**Vessels**

**Branches of the Axillary Artery**

Help Highest Thoracic
The Thoracoacromial
Lord Lateral thoracic
Say Subscapular
A Anterior humeral circumflex
Prayer Posterior humeral circumflex
Branches of the External Carotid Artery

Some Superior thyroid
Adolescents Ascending pharyngeal
Like Lingual
Fellatio Facial
Other Occipital
Prefer Posterior
Sado Superficial temporal
Masochism Maxillary

Branches of the internal Carotid Artery (cerebral portion)

Only Ophthalmic
Press Posterior communicating
Carotid Choroidal
Arteries Anterior cerebral
Momentarily Middle cerebral

Branches of the Celiac Artery (16)

Go Left Gastric
Straight Splenic
Home hepatic

Branches of the internal Iliac Artery (16)

Anterior division
Some Superior vesical
Inherit Inferior vesical
Money, Middle rectal
Others Obturator
Inherit internal pudendal
Insanity Inferior gluteal
Posterior Division

Such Superior gluteal
Is Illiolumbar
Life Lateral sacral

Branches of the Femoral Artery (16)
Skillful Superficial epigastric
Surgeons Superficial circumflex iliac
Should Superficial external pudendal
Detect Deep external pudendal
Most Muscular
Gastric Descending Genicular
Perforation Profunda femoris

Branches of the Radial Artery

MRS.
Muscular
Radial recurrent
Superficial palmar

Branches of the Brachial Artery (7)
Proud Profunda brachii (deep brachial)
Superiors Superior ulnar collateral
Mustn’t Muscular
Nudge Nutrient
Inferiors Inferior ulnar collateral

Branches of the Facial Artery
All Ascending palatine
Tonsils Tonsillar
Get Glandular
Slashed Submental
In Inferior labial
Sick Superior labial
Lassies Lateral nasal

*Neuroanatomy*

The fourth Cranial Nerve

To remember what muscle CN4 innervates, remember the chemical formula SO4: Superior Oblique 4.

The sixth Cranial Nerve

To remember what muscle CN6 innervates, remember it is the abducens nucleus: abducens abducts; therefore, lateral rectus

Cranial Nerve Functions
S=Sensory M=Motor nerve B=Both

Some- I
Say -II
Marry-III
Money-IV
But-V
My -VI
Brother-VII
Says-VIII
Big-IX
Boobs-X
Matter -XI
More-XII

Cranial Nerves-
On Olfactory
Old Optic
Olympus Oculomotor
Towering Trochlear
Top Trigeminal
A Abducens
Location of the Optic Cortex

The optic cortex is located in the occipital lobe at the posterior of the brain, as recognized in the folk saying “He has eyes in the back of his head”.

Brain stem Nucleus(9)

Nucleus Solitarius is Sensory (visceral)

Nucleus aMbiguus is Motor (somatic)

Membranes of the Brain and Spinal Cord

PAD

Pia

Arachnoid

Dura