

Anatomy Mnemonics

Inner Wall Bones of Orbit (7)

ELMS

Ethmoid

Lacrimal

Maxilla

Sphenoid

Outer Nasal Wall Bones (7)

Seven **S**phenoid

Parts **P**alate

Entering **E**thmoid

Into **I**nferior turbinate

Nose **N**asal

Muster **M**axilla

Laterally **L**acrimal

Bones of the Upper Limb (7)

Some **S**capula

Criminals **C**lavical

Have **H**umerus

Underestimated **U**lna

Royal **R**adius

Canadian **C**arpus

Mounted **M**etacarpals

Police **P**halanges

Bones of the Wrist (mnemonic #1)

Some **S**capoid

Lovers **L**unate

Try **T**riquetrum

Positions **P**isiform

That **T**rapezium

They **T**rapezoid

Cant **C**apitate

Handle **H**amate

Bones of the Wrist (mnemonic #2)

Never **N**avicular

Lower **L**unate

Tillie's **T**riquetrum

Pants, **P**isiform

Mother **M**ore **M**ultiangular

May **M**ore **M**ultiangular

Come **C**apitate

Home **H**amate

Levels of the Spinal Column

Carrying **C**ervical

Tons **T**horacic

Loosens **L**umbar

Spinal **S**acral

Column **C**occyx

Interosseus Muscles

PAD: **P**almar interossei are **AD**ductors of fingers.

DAB: **D**orsal interossei are **AB**ductors of fingers.

Rotator Cuff Muscles

SITS

Supraspinatous

Infraspinatous

Teres minor

Subscapularis

Insertion of the Latissimus Dorsi

Remember “A Miss between two Majors (**latissimiss 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 **P**terygoid, **L**ateral

Drop **D**igastric

My **M**ylahyoid

Gum **G**eniohyoid

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. Ulner
12. Medial antebrachial cutaneous
13. Upper subscapular
14. Lower subscapular
15. Radial
16. Thoracdorsal
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 **O**culomotor nerve
To **T**rochlear nerve
Operate **O**phthalmic division of trigeminal nerve
Are **A**bducens nerve
Cautiously **I**nternal Carotid artery
Made **M**axillary division of trigeminal nerve

Structures passing through the Lesser Sciatic Foramen (16)

Not **N**erve to obturator internus
Tonight **T**endon of obturator internus
Please! **P**udental vessels and nerves

Contents of the Cubital Fossa (16)

TAN

Tendon of the biceps
Brachial **A**rtery subdividing into radial and ulnar arteries
Median **N**erve

Contents of the Carotid Sheath (16)

Idleness **I**nternal jugular vein, lateral
Causes **C**arotid artery (internal, common), medial
Vice **V**agus nerve, posterior and between

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

SAP

Superior **V**ena **C**ave
Aorta
Pulmonary **T**runk

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	Popliteal Artery
Vain	Popliteal 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 Thoraciatic
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 Iliolumbar

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

Finn	Facial
And	Acoustic- Vestibular
German	Glossopharyngeal
Viewed	Vagus
Some	Spinal Accessory
Hops	Hypoglossal

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

