Pterygoid muscles: function of lateral vs. medial  
"Look at how your jaw ends up when saying first syllable of 'Lateral' or 'Medial' ":  
"La": your jaw is now open, so Lateral opens mouth.  
"Me": your jaw is still closed, so medial closes the mandible.  
  
Supine vs. prone body position"Supine is on your spine.  
Therefore, prone's the "other" one. · Also, prone to suffocate in prone position.  
  
Meckel's diverticulum details  
2 inches long. 2 feet from end of ileum. 2 times more common in men. 2% occurrence in population. 2 types of tissues may be present. · Note: "di-" means "two", so diverticulum is the thing with all the twos.  
  
Perineal vs. peroneal  
Perineal is in between the legs. Peroneal is on the leg.  
  
Anterior forearm muscles: superficial groupThere are five, like five digits of your hand. Place your thumb into your palm, then lay that hand palm down on your other arm, as shown in diagram. Your 4 fingers now show distribution: spells PFPF [pass/fail, pass/fail]: Pronator teres Flexor carpi radialis Palmaris longus Flexor carpi ulnaris Your thumb below your 4 fingers shows the muscle which is deep to the other four: Flexor digitorum superficialis.  
  
Carpal tunnel syndrome causesMEDIAN TRAP: Myxoedema Edema premenstrually Diabetes Idiopathic Agromegaly Neoplasm Trauma Rheumatoid arthritis Amyloidosis Pregnancy · Mnemonic fits nicely since median nerve is trapped.  
  
Lumbar plexus "I, I Get Laid On Fridays":  
Iliohypogastric [L1]  
Ilioinguinal [L1]  
Genitofemoral [L1, L2]  
Lateral femoral cutaneous [L2, L3]  
Obtruator [L2, L3, L4]  
Femoral [L2, L3, L4]  
· Alternatively: "I twice Get Laid On Fridays". · Alternatively: "Interested In Getting Laid On Fridays?"  
  
Elbow: muscles that flex itThree B's Bend the elBow: Brachialis Biceps Brachioradialis  
  
Cavernous sinus contents O TOM CAT:  
O TOM are lateral wall components, in order from superior to inferior. CA are the components within the sinus, from medial to lateral. CA ends at the level of T from O TOM. · See diagram. Occulomotor nerve (III) Trochlear nerve (IV) Ophthalmic nerve (V1) Maxillary nerve (V2) Carotid artery Abducent nerve (VI) T: When written, connects to the T of OTOM.  
  
Bronchi: which one is more vertical"Inhale a bite, goes down the right": Inhaled objects more likely to lodge in right bronchus, since it is the one that is more vertical  
  
  
Carotid sheath contents "I See 10 CC's in the IV":  
I See (I.C.) = Internal Carotid artery  
10 = CN 10 (Vagus nerve)  
CC = Common Carotid artery  
IV = Internal Jugular Vein  
  
  
  
V3 innervated muscles "My A$$ Meets The Toilet":  
Mylohyoid  
Anterior digastric  
Muscles of Mastication  
Tensor veli palatini  
Tensor tympani  
  
  
Inferior vena cava tributaries "I Like To Rise So High":  
Illiacs  
Lumbar  
Testicular  
Renal  
Suprarenal  
Hepatic vein.  
· Think of the IVC wanting to rise high up to the heart.  
  
  
  
Spleen: dimensions, weight, surface anatomy "1,3,5,7,9,11":  
Spleen dimensions are 1 inch x 3 inches x 5 inches.  
Weight is 7 ounces.  
It underlies ribs 9 through 11.  
  
  
Heart valve sequence "Try Pulling My Aorta":  
Tricuspid  
Pulmonary  
Mitral  
Aorta  
  
  
  
Liver: side with ligamentum venosum/ caudate lobe vs. side with quadrate lobe/ ligamentum teres "VC goes with VC":  
The Venosum and Caudate is on same side as Vena Cava [posterior]. Therefore, quadrate and teres must be on anterior by default.  
· See inferior-view diagram.  
  
  
Cranial bones "PEST OF 6":  
Parietal  
Ethmoid  
Sphenoid  
Temporal  
Occipital  
Frontal  
· The 6 just reminds that there's 6 of them to remember.  
  
Thyroid: isthmus location "Rings 2,3,4 make the isthmus floor":  
Isthmus overlies tracheal rings 2,3,4  
  
Cervical plexus: arrangement of the important nerves "GLAST":  
· 4 compass points: clockwise from north on the right side of neck:  
Great auricular  
Lesser occipital  
Accessory nerve pops out between L and S  
Supraclavicular  
Transverse cervical  
· See diagram.  
  
Lumbar plexus roots "2 from 1, 2 from 2, 2 from 3":  
2 nerves from 1 root: Ilioinguinal (L1), Iliohypogastric (L1).  
2 nerves from 2 roots: Genitofemoral (L1,L2), Lateral Femoral (L2,L3).  
2 nerves from 3 roots: Obturator (L2,L3,L4), Femoral (L2,L3,L4).  
  
  
  
Joints in the midline "SC":  
In medial line, below Second Cervical, joints are Secondary Cartilaginous and usually have a diSC.  
· Notes: secondary cartilaginous is also known as symphysis. The one that doesn't have a disc is xiphi-sternal.  
  
  
Anterior forearm muscles: superficial group "Pimps F\*ck Prostitutes For Fun":  
Pronator teres  
Flexor carpi radialis  
Palmaris longous  
Flexor carpi ulnaris  
Flexor digitorum superficialis  
  
  
External carotid artery branches "Some Aggressive Lovers Find Odd Positions More Stimulating":  
Superior thyroid  
Ascending pharyngeal  
Lingual  
Facial  
Occiptal  
Posterior auricular  
Maxillary  
Superficial temporal  
  
  
  
  
Axillary artery branches "Screw The Lawyer Save A Patient":  
Superior thoracic  
Thoracoacromiol  
Lateral thoracic  
Subscapular  
Anterior circumflex humeral  
Posterior circumflex humeral  
  
  
  
  
Descending abdominal aorta branches from diaphragm to iliacs "Prostitutes Cause Sagging Swollen Red Testicles [in men] Living In Sin":  
Phrenic [inferior]  
Celiac  
Superior mesenteric  
Suprarenal [middle]  
Renal  
Testicular ["in men" only]  
Lumbars  
Inferior mesenteric  
Sacral  
  
  
  
  
Inversion vs. eversion muscles in leg  
Second letter rule for inversion/eversion:  
· Eversion muscles:  
pErineus longus  
pErineus brevis  
pErineus terius  
· Inversion muscles:  
tIbialis anterior  
tIbialis posterior  
  
  
External carotid artery branches "Sister Lucy's Powdered Face Often Attracts Silly Medicos":  
· Before entering the parotid gland:  
Superior thyroid  
Lingual  
Posterior auricular  
Facial  
Occipital  
Ascending pharyngeal  
· Ends as:  
Superficial temporal and  
Maxillary bifurcating in the in the parotid gland  
  
  
Spermatic cord contents "3 arteries, 3 nerves, 3 other things":  
3 arteries: testicular, ductus deferens, cremasteric.  
3 nerves: genital branch of the genitofemoral, cremasteric, autonomics.  
3 other things: ductus deferens, pampiniform plexus, lymphatics.  
· Note some argument about this: Moore doesn't put in cremasteric nerve, Lumley puts in inguinal...  
  
  
  
Fibula vs. tibia: which is the bigger one People talk of telling just a "little white lie", or a "little fib":  
Therefore, the fibula is smaller.  
· Alternatively: TIBia is the Thicker Inner Bone.  
· Alternatively: "Little lat FIB, big fat TIB".  
  
  
  
  
Interossei muscles: actions of dorsal vs. palmar in hand "PAd and DAb":  
The Palmar Adduct and the Dorsal Abduct.  
· Use your hand to dab with a pad.  
  
  
  
  
Thoracic duct: relation to azygous vein and esophagus "The duck between 2 gooses":  
Thoracic duct (duck) is between 2 gooses, azygous and esophagus.  
  
  
  
  
Lumbricals action Lumbrical action is to hold a pea, that is to flex the metacarpophalangeal joint and extend the interphalangeal joints. When look at hand in this position, can see this makes an "L" shape, since L is for Lumbrical.  
  
Pectoral nerves: path of lateral vs. medial "Lateral Less, Medial More":  
Lateral pectoral nerve only goes through Pectoralis major, but  
Medial pectoral nerve goes though both Pectoralis major and minor.  
  
  
  
  
Intrinsic muscles of hand (palmar surface) "A OF A OF A":  
· Thenar, lateral to medial:  
Abductor pollicis longus  
Opponens pollicis  
Flexor pollicis brevis  
Adductor pollicis.  
· Hypothenar, lateral to medial:  
Opponens digiti minimi  
Flexor digiti minimi  
Abductor digiti minimi  
  
  
  
  
Diaphragm innervation "3, 4, 5 keeps the diaphragm alive":  
Diaphragm innervation is cervical roots 3, 4, and 5.  
  
  
  
  
Femoral triangle: arrangement of contents NAVEL:  
· From lateral hip towards medial navel:  
Nerve (directly behind sheath)  
Artery (within sheath)  
Vein (within sheath)  
Empty space (between vein and lymph)  
Lymphatics (with deep inguinal node)  
· Nerve/Artery/Vein are all called Femoral.  
  
  
  
  
Lingual nerve course  
The Lingual nerve  
Took a curve  
Around the Hyoglossus.  
"Well I'll be f\*#ked!"  
Said Wharton's Duct,  
"The bastard's gone and crossed us!"  
  
  
  
  
External carotid artery branches  
"Some Anatomists Like F\*#king, Others Prefer S & M":  
Superior thyroid  
Ascending pharyngeal  
Lingual  
Facial  
Occipital  
Posterior auricular  
Superficial temporal  
Maxillary  
· Alternatively: As She Lay Flat, Oscar's Passion Slowly Mounted".  
  
  
  
  
Abdominal muscles  
"Spare TIRE around their abdomen":  
Transversus abdominis  
Internal abdominal oblique  
Rectus abdominis  
External abdominal oblique  
  
  
  
  
Bicipital groove: attachments of muscles near it  
"The lady between two majors":  
Teres major attaches to medial lip of groove.  
Pectoralis major to lateral lip of groove.  
Latissimus (Lady) is on floor of groove, between the 2 majors.  
  
  
  
  
Carpal bones  
"Some Lovers Try Positions That They Can't Handle":  
· Proximal row then distal row, both lateral-to-medial:  
Scaphoid  
Lunate  
Triquetrium  
Pisiform  
Trapezium  
Trapezoid  
Capate  
Hamate  
· Alternatively: "Scared Lovers..."  
· Alternatively: "Senior Lecturers...".  
  
  
  
  
Bronchi: which is more vertical "Right on Red":  
Many places allow making a right hand turn at a red light, if you first come to a complete stop.  
A child swallowing a red penny is more likely to get it stopped down the right bronchus, since it is more vertical.  
  
  
  
  
L4 landmark: 2 items "B4U" [before you]:  
Bifurcation of aorta  
L4  
Umbilicus  
  
  
  
  
Retroperitoneal structures list  
SAD PUCKER:  
Suprarenal glands  
Aorta & IVC  
Duodenum (half)  
Pancreas  
Ureters  
Colon (ascending & descending)  
Kidneys  
Esophagus (anterior & left covered)  
Rectum  
  
  
  
  
External carotid artery branches "Some Aberdeen Ladies F#ck, Others Prefer Manual Stimulation":  
· From inferior to superior:  
Superior thyroid  
Ascending pharyngeal  
Lingual  
Facial  
Occipital  
Posterior auricular  
Maxillary  
Superficial temporal  
  
  
  
  
Superior mediastinum: contents  
PVT Left BATTLE:  
Phrenic nerve  
Vagus nerve  
Thoracic duct  
Left recurrent laryngeal nerve (not the right)  
Brachiocephalic veins  
Aortic arch (and its 3 branches)  
Thymus  
Trachea  
Lymph nodes  
Esophagus  
  
  
  
  
Retroperitoneal organs (major)  
"AC/DC Rocker Kids Party Down":  
Ascending Colon  
Descending Colon  
Rectum  
Kidneys  
Pancreas  
Duodenum  
  
  
  
Bell's palsy: symptoms  
BELL'S Palsy:  
Blink reflex abnormal  
Earache  
Lacrimation [deficient, excess]  
Loss of taste  
Sudden onset  
Palsy of VII nerve muscles  
· All symptoms are unilateral.  
  
  
  
  
Liver inferior markings showing right/left lobe vs. vascular divisions There's a Hepatic "H" on inferior of liver. One vertical stick of the H is the dividing line for anatomical right/left lobe and the other vertical stick is the divider for vascular halves. Stick that divides the liver into vascular halves is the one with vena cava impression (since vena cava carries blood, it's fortunate that it's the divider for blood halves).  
  
Extraocular muscles cranial nerve innervation "LR6SO4 rest 3":  
Lateral Rectus is 6th  
Superior Oblique is 4th  
rest are all 3rd cranial nerve  
  
  
  
  
Femoral hernia: epidemiology  
FEMoral hernias are more common in FEMales.  
  
  
  
  
Obturator canal: relations of structures "Who's flying in the top of Obturator canal? Obviously Not A Vein!":  
Obturator  
Nerve  
Artery  
Vein  
  
  
  
  
Thoracoacromial artery branches ABCD:  
Acromial  
Breast (pectoral)  
Clavicular  
Deltoid  
  
  
  
  
Diaphram aperatures: spinal levels "Come Enter the Abdomen:  
Vena Cava [8]  
Esophagus [10]  
Aorta [12]  
  
  
  
  
Cubital fossa contents  
"My Bottoms Turned Red":  
· From medial to lateral:  
Median nerve  
Brachial artery  
Tendon of biceps  
Radial nerve  
  
  
  
  
Thyroids: relative sizes  
Thyroid looks like a bra (see picture).  
Breasts are bigger in women, so thyroid bigger in women.  
Pregnant women have biggest breasts of all, so they have the biggest thyroids.  
  
  
Navicular contacts 3 of 5 cuneiform bones  
"Navicular is like the Navigator logo":  
There are 3 things coming off each.  
· See diagram.  
Therefore, cuboid has to contact 2 of the 5.  
  
Kidney hilums at transpyloric plane [L1] L-1 goes through hilum of only 1 kidney, and it’s the Left one.  
  
  
  
Radial nerve: muscles supplied (simplified) "BEST muscles":  
Brachioradialis  
Extensors  
Supinator  
Triceps  
  
  
  
Superior orbital fissure: structures passing through "Lazy French Tarts Lie Naked In Anticipation Of Sex":  
Lacrimal nerve  
Frontal nerve  
Trochlear nerve  
Lateral nerve  
Nasociliary nerve  
Internal nerve  
Abducens nerve  
Ophthalmic veins  
Sympathetic nerves  
  
  
  
  
Cranial bones"Fraternity Parties Occasionally Teach Spam Etiquette": · The first two letters of each bone: Frontal Parietal Occipital Temporal Sphenoid Ethmoid  
  
Internal iliac artery: posterior branchPILS: Posterior branch Iliolumbar Lateral sacral Superior gluteal  
  
Foramen ovale contentsOVALE: Otic ganglion (just inferior) V3 cranial nerve Accessory meningeal artery Lesser petrosal nerve Emisary veins  
  
Anatomical planes: coronal, horizontal, sagittal  
Coronal: A classic painting/stained glass window of a saint/angel has a corona radiating around the person's head. The plane of the glass/page is cutting their head in the coronal plane. Horizontal: Someone coming over the horizon has their abdomen cut in the horizontal plane. Sagittal: the remaining one by default.  
  
Brachial plexus branches"My Aunt Raped My Uncle": · From lateral to medial: Musculocutaneous Axillary Radial Median Ulnar  
  
Tibia vs. fibula: which is lateralThe FibuLA is LAteral.  
  
Superior orbital fissure: structures passing through"Lonely Fat Teenage Virgins Rarely Like Swallowing And Never Ingest": Lacrimal nerve Frontal nerve Trochlear nerve Vein: ophthalmic Ring: tendinous · From the ring, arises: Lateral rectus Superior division III Abducent nerve Nasociliary nerve Inferior divison III  
  
Brachial plexus: branches of posterior cordSTAR: Subscapular [upper and lower] Thoracodorsal Axillary Radial  
  
Dermatome C6 location  
Stick arm out like crucifixion stance. Curl your thumb and forefinger into an "OK" symbol while keeping your other fingers straight. Your hand should now look like a 6 shape. So C6 dermatome is your thumb and top of arm (reason for crucifix stance). · See diagram.  
  
Heart valves  
"Toilet Paper My A$$": · From right to left: Tricuspid Pulmonic Mitral Aortic  
  
  
Median nerve: hand muscles innervated "The LOAF muscles":  
Lumbricals 1 and 2  
Opponens pollicis  
Abductor pollicis brevis  
Flexor pollicis brevis  
· Alternatively: LLOAF, with 2 L's, to recall there's 2 lumbricals.  
· To remember that these are the Median nerve muscles, think "Meat LOAF".  
  
  
  
  
Interossei muscles: number of palmars vs. dorsals "3 on the P, 4 on the Dor":  
There are 3 Palmar, and 4 Dorsal interossei.  
  
  
  
  
Carpal bones: trapezium vs. trapezoid location · Since there's two T's in carpal bone mnemonic sentences, need to know which T is where:  
TrapeziUM is by the thUMB, TrapeziOID is inSIDE.  
· Alternatively, TrapeziUM is by the thUMB, TrapezOID is by its SIDE.  
  
  
  
  
Sperm pathway through male reproductive tract SEVEN UP:  
Seminiferous tubules  
Epididymis  
Vas deferens  
Ejaculatory duct  
Nothing  
Urethra  
Penis  
  
  
  
Ureter to ovarian/testicular artery relation "Water under the bridge":  
The ureters (which carry water), are posterior to the ovarian/testicular artery.  
· Clinically important, since a common surgical error is to cut ureter instead of ovarian artery when removing uterus.  
  
  
  
Soleus vs. gastrocnemius muscle function "Stand on your Soles. Explosive gas":  
You stand on soles of your shoes, so Soleus is for posture.  
Gasoline is explosive, so Gastrocnemius is for explosive movement.  
  
  
  
  
Serratus anterior: innervation and action "C5-6-7 raise your arms up to heaven":  
Long thoracic nerve roots (567) innervate Serratus anterior.  
· Test C567 roots clinically by ability to raise arm past 90 degrees.  
  
  
  
  
Wrist: radial side vs. ulnar side Make a fist with your thumb up in the air and say "Rad!".  
Your thumb is now pointing to your Radius.  
· Note: 'Rad!' was a late 80's catchphrase, short for 'Radical'. Things that were good were called 'Rad'.  
  
  
Medial malleolus:  
order of tendons, artery, nerve behind it "Tom, Dick, And Nervous Harry":  
· From anterior to posterior:  
Tibialis  
Digitorum  
Artery  
Nerve  
Hallicus  
· Full names for these are: Tibialis Posterior, Flexor Digitorum Longus, Posterior Tibial Artery, Posterior Tibial Nerve, Flexor Hallicus Longus.  
· Alternatively: "Tom, Dick ANd Harry".  
· Alternatively: "Tom, Dick And Not Harry".  
  
Hip posterior dislocation: most likely arrangement for one "Hitting the brake pedal before the accident":  
You are sitting, so hip is flexed, and adducted and medially rotated so can move your foot away from the gas pedal over to the brake pedal.  
· Note: car accidents are  
  
  
Diaphragm apertures "3 holes, each with 3 things going through it":  
Aortic hiatus: aorta, thoracic duct, azygous vein.  
Esophageal hiatus: esophagus, vagal trunks, left gastric vessels.  
Caval foramen: inferior vena cava, right phrenic nerve, lymph nodes.  
  
  
  
Buttock quadrant safest for needle insertion "Shut up and butt out":  
The Upper Outer quadrant of the Buttock safely avoids hitting sciatic nerve.  
  
  
  
  
Superior thyroid artery branches "May I Softly Squeeze Charlie's Girl?":  
Muscular  
Infrahyoid  
Superior laryngeal  
Sternomastoid  
Cricothyroid  
Glandular  
  
  
  
  
Deep tendon reflexes: root supply "1,2,3,4,5,6,7,8":  
S1-2: ankle  
L3-4: knee  
C5-6: biceps, supinator  
C7-8: triceps  
  
  
  
  
Vertebrae: recognizing a thoracic from lumbar Examine vertebral body shape:  
Thoracic is heart-shaped body since your heart is in your thorax.  
Lumbar is kidney-bean shaped since kidneys are in lumbar area.  
· See diagram.  
  
Cubital fossa contents MBBR:  
· From medial to lateral:  
Median nerve  
Brachial artery  
Biceps tendon  
Radial nerve  
  
  
  
  
Ear: bones of inner ear Take a Hammer: Malleus  
Hit an Indian Elephant: Incus  
It puts its foot in a stirrup: Stapes  
· Describes the shape, and relative position (from out to in) of the inner ear bones.  
· Alternatively: "Mailing Includes Stamps".  
  
Popliteal fossa: muscles arrangement The two Semi's go together, Semimembranosus and Semitendonosus.  
The Membranosus is Medial and since the two semis go together, Semitendonosus is also medial.  
Therefore, Biceps Femoris has to be lateral.  
Of the semi's, to remember which one is superficial: the Tendonosus is on Top.  
  
  
  
  
CN VII innervated muscles (branchial arch 2 derivatives)  
"Imagine someone making the facial expression to say 'PSS...' ":  
Facial expression muscles  
Posterior belly of digastric  
Stapedius  
Stylohyoid  
  
  
  
  
Carpal bones  
"Scottish Lads Take Prostitutes To The Caledonian Hotel":  
· Proximal row, then distal row:  
Scaphoid  
Lunate  
Triquetrium  
Pisiform  
Trapezium  
Trapezoid  
Capate  
Hamate  
· Alternatively: "Students Like Taking Prostitutes To The Carelton Hotel".  
  
  
  
Bronchopulmonary segments of the left lung "Astute Anatomists Share Inside Secrets About Lungs":  
Apicoposterior (S1+2)  
Anterior (S3)  
Superior (S4)  
Inferior (S5)  
Superior (S6)  
Anteromedial basal (S7+8)  
Lateral basal (S9)  
  
  
  
  
Biceps brachii muscle: origins  
"You walk shorter to a street corner. You ride longer on a superhighway.":  
· Short head originates from coracoid process.  
· Long head originates from the supraglenoid cavity.  
  
  
  
Extrinsic muscles of tongue [for pro soccer fans] "Paris St. Germain's Hour":  
Palatoglossus  
Styloglossus  
Genioglossus  
Hyoglossus  
· PSG is a French soccer team (foreign), hence extrinsic comes to mind.  
  
Anteflexed vs. anteverted: what bodypart each describes "Anteflexed and Anteverted both bend toward Anterior".  
· The "V" words go together: Verted is for the cerVix (therefore flexed must be uterus).  
  
Lung lobe numbers: right vs. left Tricuspid heart valve and tri-lobed lung both on the right side.  
Bicuspid and bi-lobed lung both on the left side.  
  
  
Axillary artery branches "Send The Lord to Say A Prayer":  
· From proximal to distal:  
Superior thoracic  
Thoracacromial  
Lateral thoracic  
Subscapular  
Anterior circumflex humeral  
Posterior circumflex humeral  
  
  
Foramen spinosum: location on base of skull Foramen spinosum is adjacent to the spine of sphenoid.  
  
  
Tonsils: The three types "PPL (people) have tonsils":  
Pharyngeal  
Palatine  
Lingual  
  
  
Palmaris longus: location, relative to wrist nerves "The Palmaris between two Palmars":  
Palmaris longus is between the Palmar cutaneous branch of Ulnar nerve and Palmar cutaneous branch of Median nerve.  
  
Hyoid bone: muscle attachments "Christ, He Didn't Screw Girls Much. That's Obvious, Stupid":  
· The first sentence is for 6 muscles attaching superiorly, the second sentence is for 3 muscles attaching inferiorly.  
· Both sentences are in order from lateral to medial:  
Constricter (middle)  
Hyoglossus  
Digastric  
Stylohyoid  
Geniohyoid  
Myloyoid  
Thyrohyoid  
Omohyoid  
Sternohyoid  
  
  
  
  
Lung lobes: segments of right middle lobe "ML=ML":  
Segments of Middle Lobe are Medial & Lateral.  
  
  
  
  
Female pelvic organs' blood supply "3 organs, each get 2 blood supplies":  
Uterus: uterine, vaginal.  
Rectum: middle rectal, inferior rectal [inferior rectal is the end of pudendal].  
Bladder: superior vesical, inferior vesical.  
  
  
  
  
Face muscles: large muscle groups' cranial innervation Mandibular nerve: Mastication.  
Facial nerve: Facial expression.  
  
  
  
  
Femoral triangle: arrangement of nerve, artery, vein VAN:  
· From medial to lateral:  
Vein  
Artery  
Nerve  
· Nerve/Artery/Vein are all called Femoral.  
  
  
  
Cranial bones "Old Pygmies From Thailand Eat Skulls":  
Occipital  
Parietal  
Frontal  
Temporal  
Ethmoid  
Sphenoid  
· Note: 'skull-eating pygmies' helps remind that mnemonic is for the skull.  
· Alternatively: "Old People From Texas Eat Spiders".  
· Alternatively: "Prostitutes Offer Free Sex To Everyone".  
  
  
  
  
Psoas major: innervation If you hit L2, 3, 4  
Psoas gets sore!  
  
  
  
  
Ansa cervicalis nerves "GHost THought SOmeone STupid SHot Irene":  
Geniohyoid  
Thyrohyoid  
Superior Omohyoid  
Sternothyroid  
Sternohyoid  
Inferior omohyoid  
  
  
  
  
Leg: anterior muscles of leg "Tom's Hairy ANd Dirty Penis":  
T: Tibialis anterior  
H: extensor Hollicis longus  
AN: anterior tibial Artery & deep fibular Nerve  
D: extensor Digitorum longus  
P: Peronius tertius [aka fibularis tertius]  
  
  
  
  
Eye rotation by oblique muscles "I Love S&M":  
Inferior oblique: Lateral eye rotation.  
Superior oblique: Medial eye rotation.  
  
  
  
Inversion vs. eversion direction in the foot Little INtroVERted boys roll their feet in when talking to girls.  
Also, can just watch which way the sole of the foot goes: does it face in or out?  
· See diagram.  
  
  
  
  
Bowel components  
"Dow Jones Industrial Average Closing Stock Report": · From proximal to distal: Duodenum Jejunum Ileum Appendix Colon Sigmoid Rectum · Alternatively: to include the cecum, "Dow Jones Industrial Climbing Average Closing Stock Report".  
  
Ulnar nerve to ulnar artery and radial nerve to radial artery relationsThink "peripheral nerves": The ulnar nerve is "ulnar" to the ulnar artery. Radial nerve is "radial" to the radial artery.  
  
Carpal bones  
"Her C#nt's Too Tight So Lubricate The Penis": · Anticlockwise: Hamate Capate Trapezoid Trapezium Scaphoid Lunate Triquetral Pisiform  
  
Oblique muscles: direction of externals vs. internals  
"Hands in your pockets": When put hands in your pockets, fingers now lie on top of external obliques and fingers point their direction of fibers: down and towards midline. · Note: "oblique" tells that must be going at an angle. · Internal obliques are at right angles to external.  
  
Murphy's point organ [for Irish]"Murphy was an Irishman (and Murphy is a classic Irish surname), and Ireland=green": Green organ in body is gallbladder, so Murphy's point is the gall bladder.  
  
Duodenum: lengths of parts"Counting 1 to 4 but staggered": 1st part: 2 inches 2nd part: 3 inches 3rd part: 4 inches 4th part: 1 inch  
  
Elbow: which side has common flexor originFM (as in FM Radio): Flexor Medial, so Common Flexor Origin is on the medial side.  
  
  
Carpal bones  
"She Licks Toms Prick; Her Cu\*t's Too Tight": Scaphoid Lunate Triquetrum Pisiform Hamate Capitate Trapezoid Trapezium  
  
Supination vs. pronation: which is more powerfulScrews were designed to be tightened well by majority of people. "Righty tighty": to tighten screws you turn to the right. Majority of people are right-handed. Turning right-hand to the right is supination.  
  
Median and ulnar nerves: common featuresEach supply 1/2 of flexor digitorum profundus. Each supplies 2 lumbricals. Each has a palmar cutaneous nerve that pops off prematurely. Each supplies an eminence group of muscles [ulnar: hypothenar. median: thenar]. Each enters forearm through two heads [ulnar: heads of flexor carpi ulnaris. median: heads of pronator teres]. Each has no branches in upper arm. Each makes two fingers claw when cut at wrist. Each supplies a palmaris [median: palmaris longus. ulnar: palmaris brevis].  
  
  
Bowel components "Dublin Sisters Ceramic Red Colored Jewelry Apparently Illegal":  
· 2-4 letters of each component:  
Duodenum  
Sigmoid  
Cecum  
Rectum  
Colon  
Jejunum  
Appendix  
Ileum  
  
Thoracic duct: which half of upper body does it drain Know drains all of lower body, but was it the right or the left part of the upper body?  
Answer: its Lymph from the Left of the upper body.  
  
Mediastinums: posterior mediastinum structures  
There are 4 birds:  
The esophaGOOSE (esophagus)  
The vaGOOSE nerve  
The azyGOOSE vein  
The thoracic DUCK (duct)  
  
Maxillary artery branches  
"DAM I AM Piss Drunk But Stupid Drunk I Prefer, Must Phone Alcoholics Anonymous":  
Deep auricular  
Anterior tympanic  
Middle meningeal  
Inferior alveolar  
Accessory meningeal  
Masseteric  
Pterygoid  
Deep temporal  
Buccal  
Sphenopalatine  
Descending palatine  
Infraorbital  
Posterior superior alveolar  
Middle superior alveolar  
Pharyngeal  
Anterior superior alveolar  
Artery of the pterygoid canal  
  
  
Ulna bone: quick recognition in oral exam The Ulnar bone has a "U" at the end where it goes over the trochlea.  
  
Vetebrae subtypes "Certain Doctors Luv Saddling Coeds":  
· From superior to inferior:  
Cervical  
Dorsal  
Lumbar  
Sacrum  
Coccyx  
  
  
External carotid artery branches StApLE OPIS:  
Superior thyroid  
Ascending pharyngeal  
Lingual  
External maxillary (facial)  
Occipital  
Posterior auricular  
Internal maxillary  
Superficial temporal  
  
  
  
  
Carpal bones "The boat sailed to the moon with 3 pEas in a rOw, at the wheel was Captain Hook":  
· Carpal bones in order of occurrence:  
Boat is scaphoid. Moon is lunate. 3 is triquetrum. Peas is pisiform (stressing the E sound for trapezium). Row is trapezoid (stressing the O for trapezOid). Captain is capitate. Hook is hamate (hamate has the hook).  
  
  
  
  
Coelic trunk: branches Left Hand Side (LHS):  
Left gastric artery  
Hepatic artery  
Splenic artery  
  
  
  
  
Penis: spinal level innervation "S2, 3, 4 keep the penis off the floor":  
· Alternatively: "S2, 3, 4 make a mess on the floor".  
Penis innervated by pudendal nerve branches, derived from spinal cord levels S2-4.  
  
  
  
Thoracic cage: relations to the important venous structures Behind the sternoclavicular joints: the brachiocephalic veins begin.  
Behind the 1st costal cartilage on the right the superior vena cava begins.  
Behind the 2nd costal cartilage on the right the azygos vein ends.  
Behind the 3rd costal cartilage on the right the superior vena cava ends.  
  
  
Lacrimal nerve course "Lacrimal's story of 8 L's":  
Lacrimal nerve runs on Lateral wall of orbit above Lateral rectus, then Lets communicating branch join in, then supplies Lacrimal gland, then Leaves it and supplies Lateral upper eye Lid!  
  
  
  
Saphenous veins: path of great vs. small at malleolus "MAGdelaine has varicose veins" [The saphenous veins are important for varicose veins]:  
Medial maleolus, Anterior to maleolus, and Great saphenous go together.  
Then the opposites of these go together: Small saphenous is posterior to the lateral maleolus.  
  
  
Leino- definition "Leino" rhymes with "spleen-o":  
Therefore leino- means something to do with the spleen.  
  
  
Spermatic cord contents "Piles Don't Contribute To A Good Sex Life":  
Pampiniform plexus  
Ductus deferens  
Cremasteric artery  
Testicular artery  
Artery of the ductus deferens  
Genital branch of the genitofemoral nerve  
Sympathetic nerve fibers  
Lymphatic vessels  
  
  
  
  
Brachial plexus organization "The Castrated Dog Turns Rabid":  
· From lateral to medial:  
Terminal branches  
Cords  
Divisions  
Trunks  
Roots  
  
  
  
  
Lordosis vs. kyphosis Lordosis: Lumbar.  
KYphosis is HY up on the spine.  
  
  
  
  
Carpal bones "Happy Cat Tom Took Pie To Little Sister":  
Hamate  
Capitate  
Trapezoid  
Trapezium  
Pisiform  
Triquital  
Lunate  
Scaphoid  
  
Plantarflexion vs. dorsiflexion Plantar flexion occurs when you squish a Plant with your foot.  
  
  
  
Autonomics to the gut "The PARAsympathetics follow a rule of TWO" [pair = two]:  
· The vagus does the top, the sacral splanchnics the outflow tract.  
"The sympathetics follow a rule of threes":  
· Greater, lesser, least splanchnic nerves go to the celiac,superior and inferior mesenteric ganglion.  
  
  
  
  
Adductor magnus innervation "AM SO!":  
Adductor Magnus innervated by Sciatic and Obturator.  
  
Carpal tunnel syndrome: causes TRAMP:  
Trauma (occupational)  
Rheumatiod arthritis  
Acromegaly  
Myxoedema  
Pregnancy  
· Alternatively: ARMPIT to include Idiopathic.  
  
  
Musculocutaneous nerve: muscles innervated BBC (British Broadcasting Corporation):  
Biceps brachii  
Brachioradialis  
Coracobrachialis  
  
  
Descending abdominal aorta: seven divisions "Sometimes Intestines Get Really Stretched Causing Leakage":  
Suprarenals [paired]  
Inferior mesenteric  
Gonadal [paired]  
Renals [paired]  
Superior mesenteric  
Celiac  
Lumbar [paired]  
  
  
Menisci attachments in knee "Each meniscus has something attached to it":  
The medial meniscus has the medial collateral ligament.  
The lateral meniscus is attached to the popliteal muscle.  
  
  
Carpel bones "So Long To Pinky, Here Comes The Thumb":  
· Proximal row, lateral-to-medial, then distal row, medial-to-medial:  
Scaphoid  
Lunate  
Triquetrium  
Pisiform  
Hamate  
Capate  
Trapezoid  
Trapezium  
  
Cruciate ligaments: insertions PAMS APPLES:  
Posterior [passes] Anterior [inserts] Medially.  
Anterior [passes] Posteriorly [inserts] Laterally.  
  
Sperm: path through male reproductive system "My boyfriend's name is STEVE":  
Seminiferous Tubules  
Epididymis  
Vas deferens  
Ejaculatory duct  
  
  
Femoral artery deep branches "Put My Leg Down Please":  
Profundus femoris (deep femoral artery)  
Medial circumflex femoral artery  
Lateral circumflex femoral artery  
Descending genicular arteries  
Perforating arteries  
  
  
Lower limb peripheral nerve injurys "Drop into a DEeP PIT and shuffle your way out":  
Foot Drop results from Dorsiflexors and Evertors paralysis, due to common Peroneal nerve lesion.  
Plantarflexion and Inversion impairment due to Tibial nerve lesion, results in a shuffling gait.  
  
  
  
  
Supination vs. pronation "SOUPination": Supination is to turn your arm palm up, as if you are holding a bowl of soup.  
"POUR-nation": Pronation is to turn your arm with the palm down, as if you are pouring out whatever is your bowl.  
· Alternatively, Pronation donation: Pronation is palm facing downward, as if making a donation.  
  
  
  
  
Subclavian artery branches "Very Tired Individuals Sip Strong Coffee Served Daily":  
Vertebral artery  
Thyrocervical trunk  
---Inferior thyroid  
---Superficial cervical  
---Suprascapular  
Costocervical  
---Superior intercostal  
---Deep cervical  
  
  
  
  
Scalp: nerve supply GLASS:  
Greater occipital/ Greater auricular  
Lesser occipital  
Auriculotemporal  
Supratrochlear  
Supraorbital  
  
  
  
  
Tibia: muscles of pes anserinus (the muscles attached to tibia's medial side) "A Girl between Two Sargeants":  
Gracilus is between  
Sartorius and  
Semitendonosus  
  
  
  
Rib costal groove: order of intercostal blood vessels and nerve VAN:  
· From superior to inferior:  
Vein  
Artery  
Nerve  
  
  
Internal pudendal branches "I Pee Pee But Don't Dump!":  
Inferior rectal  
Posterior scrotal (or labial)  
Perineal  
Bulb  
Deep artery  
Dorsal artery  
  
  
  
  
Spinal cord: length in vertebral column SCULL:  
Spinal Cord Until L2 (LL).  
  
Erector spinae muscles: order Spinalis is on the spine (most medial).  
Iliocostalis is on the ribs (most lateral).  
And it's a Long (Longissimus) way between the spine and the ribs!  
  
  
Portal-systemic anastomoses: main 2 places that retroperitoneals connect into systemic RetroPeritoneals hook up with Renal and Paravertebral veins.  
  
Carpum and tarsum "SCIT":  
(Artum) Superior Carpum  
(Artum) Inferior Tarsum  
  
  
  
Brachial artery: recurrent and collateral branches "I Am Pretty Sexy"  
Inferior ulnar collateral artery goes with Anterior ulnar recurrent artery.  
Posterior ulnar recurrent artery goes with Superior ulnar collateral artery.  
· Alternatively: "I Am Pretty Smart".  
  
  
Orbit: bones of medial wall "My Little Eye Sits in the orbit":  
Maxilla (frontal process)  
Lacrimal  
Ethmoid  
Sphenoid (body)  
  
  
Facial nerve branches "Two Zombies Buggered My Cat":  
· From superior to inferior:  
Temporal branch  
Zygomatic branch  
Buccal branch  
Mandibular branch  
Cervical branch  
· Alternatively: "Two Zulus Bit My Cat".  
· Alternatively: "Two Zebras Bit My Coccyx".  
· Alternatively: "To Zanzibar By Motor Car".  
· Alternatively: "Tall Zulus Bear Many Children".  
  
  
Cartilage derivatives of 1st pharyngeal arch (mandibular) "I'M A Super Sexy Guy" (or Girl):  
Incus  
Malleus  
Anterior ligament of malleus  
Spine of sphenoid  
Sphenomandibular ligament  
Genial tubercle of mandible  
  
  
  
  
Facial nerve: branches after Stylomastoid foramen "Ten Zulus Buggered My Cat (Painfully)":  
· From superior to inferior:  
Temporal branch  
Zygomatic branch  
Buccal branch  
Mandibular branch  
Cervical branch  
(Posterior auricular nerve)  
· Alternatively: "PAssing Through Zanzibar By Motor Car" (PA for Posterior Auricular).  
  
Sperm pathway through male reproductive tract "STaRT DEEP--VD!":  
· Sperm duct system progression, from smallest to largest:  
ST: Seminiferous Tubules  
RT: Rete Testes  
DE: Ductus Efferentes  
EP: Epididymis  
VD: Vas Deferens  
  
  
Superior orbital fissure: structures passing through "Live Free To See Absolutely No Insult":  
Lacrimal nerve  
Frontal nerve  
Trochlear nerve  
Superior branch of oculomotor nerve  
Abducent nerve  
Nasociliary nerve  
Inferior branch of oculomotor nerve  
  
Vertebrae: number of facets a typical thoracic has Typical Thoracic has Ten facets.  
  
  
External carotid artery branches "So Long For Acting Old Parenting Means Stability":  
Superior thyroid  
Lingual  
Facial  
Ascending pharyngeal  
Occiptal  
Posterior auricular  
Maxillary  
Superficial temporal  
  
  
  
Horner's syndrome components "HORNy PAM"  
· Horner's is:  
Ptosis  
Anhidrosis  
Miosis  
  
  
  
Superior mediastinum contents "BATS & TENT":  
Brachiocephalic veins  
Arch of aorta  
Thymus  
Superior vena cava  
Trachea  
Esophagus  
Nerves (vagus & phrenic)  
Thoracic duct  
  
  
Scrotum layers "Some Days Eddie Can Irritate People Very Thourougly":  
Skin  
Dartos layer  
External spermatic fascia  
Cremaster muscle  
Internal spermatic fascia  
Parietal tunica vaginalis  
Visceral tunica vaginalis  
Tunica albuginea  
  
  
External carotid artery branches "Sally Ate Lots Of Fresh Produce March Through September":  
Superior thyroid  
Ascending laryngeal  
Lingual  
Occipital (O before F is an extremely common variation)  
Facial  
Posterior auricular  
Maxillary  
Transverse facial  
Superficial temporal  
  
  
Cubital fossa contents "Really Need Booze To Be At My Nicest":  
· From lateral to medial:  
Radial Nerve  
Biceps Tendon  
Brachial Artery  
Median Nerve  
  
Cricoarytenoids: abductor vs. adductor When aliens abduct you, they Probe you.  
Posterior cricoarytenoids abduct. Lateral therefore is adduct by default.  
  
  
Extensor expansion location in the hand The eXtensor eXpansion is on the proXimal phalynX.  
  
  
Carpal bone having the hook The Hamate has the Hook.  
  
External carotid artery branches "She Lay Flaccid As Olaf's Penis Slipped In":  
· From caudal to cephalad:  
Superior thyroid  
Lingual  
Facial  
Ascending pharyngeal  
Occipital  
Posterior auricular  
Superficial temporal  
(Internal) maxillary  
  
  
  
Brachial artery is medial to biceps tendon "BAMBI":  
Brachial Artery is Medial to Biceps In elbow.  
  
Ossification ages "Every Potential Anatomist Should Know When"  
· When they ossify, in order of increasing year:  
Elbow: 16 years  
Pelvis, Ankle: 17 years  
Shoulder, Knee: 18 years  
Wrist: 19 years  
  
  
  
  
Carpal bones (multangular names) "Never Lower Tillie's Pants. Mother May Come Home.":  
Navicular  
Lunate  
Triquetrium  
Pisiform  
greater Multangular (trapezium)  
lesser Multangular (trapezoid)  
Capitate  
Hamate  
  
  
V3: sensory branches "Buccaneers Are Inferior Linguists":  
Buccal  
Auriculotemporal  
Inferior alveolar  
Lingual