Mnemonics - Anatomy

Note: Many of these mnemonics are decades old. I hope no one will be offended by any of them.

Mnemonics

Mnemonics - Clinical

Anatomy

Cranial Nerves
I On (Olfactory)
II Old (Optic)
III Olympus (Oculomotor)
IV Towering (Trochlear)
V Tops, (Trigeminal)
VI A (Abducens)
VII Finn (Facial)
VIII And (Auditory)
IX German (Glossopharyngeal)
X Viewed (Vagus)
XI Astounding (Accessory)
XII Hops (Hypoglossal)

I Some (Sensory)
II Say (Sensory)
III Marry (primarily Motor)
IV Money, (primarily Motor)
V But (Both)
VI My (primarily Motor)
VII Brother (Both)
VIII Says (Sensory)
IX Big (Both)
X Bras (Both)
XI Matter (primarily Motor)
XII More (primarily Motor)

"You have I nose & II eyes"
I - Olfactory n.; II - Optic n.
**Extraocular muscles**
"LR6 - SO4 - rest3"
LR6 Lateral rectus --> VI abducens
SO4 Superior Oblique --> IV Trochlear
remaining 4 eyeball movers --> III oculomotor

**Branches of the facial nerve**
"Ten Zombies Bought My Car"
Temporal, Zygomatic, Buccal, Masseteric, Cervical

**Spinal Nerves**
"C3-4-5 keep the phrenic nerve (or diaphragm) alive"
"C5-6-7 raise your arms to heaven" (nerve roots of long thoracic nerve innervate serratus anterior)

**Innervation of the penis**
"S2,3,4 keep the penis off the floor"
Refers to the innervation of the penis by branches of the pudendal nerve which is derived from spinal cord levels S2-4.
Point, Shoot, Score
Parasympathetic for erection, Sympathetic for ejaculation, Somatomotor for ...

**Supraorbital fissure**
Structures that pass through it:
"Luscious French Tarts Sit Naked In Anticipation Of Sex."
Lacrimal nerve, Frontal nerve, Trochlear nerve, Superior branch of oculomotor nerve, Nasociliary nerve, Inferior branch of oculomotor nerve, Abducent nerve, Ophthalmic veins, Sympathetic nerves

**Cranial bones**
"Old People From Texas Eat spiders"
Occipital, Parietal, Frontal, Temporal, Ethnoid, Sphenoid

**Brachial plexus**
"Randy Travis Drinks Cold Beers"
Roots, Trunks, Divisions, Cords, Branches

**Great vessels**
"ABC'S"
*A*ortic arch gives off the *B*rachiocephalic trunk, the left
*C*ommon Carotid, and the left *S*ubclavian artery

**Thoracic duct**
"The duck is between two gooses."

duck = thoracic duct
2 gooses = azyGOUS vein and esophaGOUS

**Order of structures in groin** (from lateral to medial)

"NAVEL"
Nerve, Artery, Vein, Empty space, Lymphatics

**Muscles inserting into humerus**

"A lady between two majors"
Pectoralis major attaches to lateral lip of bicipital groove, the teres major attaches to medial lip of bicipital groove, and the latissimus dorsi attaches to the floor of bicipital groove.
The "lati" is between two "majors"

**Pectoral nerves**

"Lateral is less, medial is more"
Lateral pectoral nerve goes through pectoralis major, while medial pectoral nerve goes through both pectoralis major and minor.

**Carpal bones**

"Some Lovers Try Positions That They Can't Handle"
Scaphoid, Lunate, Triquetrum, Pisiform, Trapezoid, Trapezium, Capitate, Hamate.

**Radial nerve**

"BEST"
It innervates the Brachioradialis, Extensors, Supinator, Triceps.

**Median nerve**

"LOAF"
It innervates the Lateral 2 Lumbricals, Opponens pollicis, Abductor pollicis brevis, Flexor pollicis brevis.

**Epidermis**

"Brent Spiner Gained Lieutenant Commander"
Basale, Spinosum, Granulosum, Lucidum, Corneum

**Spleen**

"1,3,5,7,9,11"
It measures 1x3x5 inches, weighs 7 ounces and lies between ribs 9-11