

# [A list of helpful mnemonic essay sample](https://assignbuster.com/a-list-of-helpful-mnemonic-essay-sample/)

[](https://assignbuster.com/)[Health & Medicine](https://assignbuster.com/essay-subjects/health-n-medicine/)

Block 1:   
Types of fascia (not fascists): Stupid Stalin Communist Dictator: Subcutaneous   
Suspensory   
Compartmental   
Deep investing   
(richard bruno)

Block 2:   
Layers in anterolateral abdominal wall (superficial to deep): Skin Can Seem Extraordinarily Interesting To The Expert Physician: Skin   
Camper’s fascia   
Scarpa’s fascia   
External oblique   
Internal oblique   
Transversus abdominus   
Transversalis fascia   
Extraperitoneal fat   
Parietal peritoneum   
(richard bruno)

Functions of the Liver: BEGeTS   
Bile production   
Erythropoiesis   
Glycogen storage   
Toxin inactivation   
Serum protein production   
(richard bruno)

Branches of Abdominal Aorta: Prostitutes Cause Sunken Swollen Red Gonads InMen Living In Sin: inferior Phrenic aa   
Celiac trunk   
middle Suprarenal aa   
Superior mesenteric a   
Renal aa   
Gonadal aa   
Inferior Mesenteric a   
Lumbar aa   
common Iliac aa   
median Sacral a   
(medicalmnemonics. com)

Branches of the Abdominal Aorta: PCM Students aRe Great In Lab: inferior Phrenic aa.   
Celiac trunk   
Middle suprarenal aa.   
Superior mesenteric a.   
Renal aa.   
Gonadal aa.   
Inferior mesenteric a.   
Lumbar aa.   
… then comes the bifricuation and the common iliacs, etc. etc. (Valerie Carlberg)

Branches of Abdominal Aorta:   
ICMS R GICMS (ikkums are gikkums)   
(Brian Garvey)

Muscles used for inspiration: DIES   
Diaphragm   
Interchondral part of internal intercostals   
External oblique   
Scalene/sternocleidomastoid

Muscles used for (forced) expiration: TIIRE   
Transversus abdominis   
Internal intercostals(except those near midline)   
Internal oblique   
Rectus abdominis   
External oblique   
(Brian Garvey)

Contents of the spermatic cord: VAG PC   
Vas deferens   
Artery of vas deferens   
Gonadal (testicular) artery   
Pampiniform venous plexus   
Cremaster muscle’s artery   
(Brian Garvey)

Right Inguinal canal (roof & floor): ITALIA-O:   
Inguinal ligament (floor)   
Transverus Abdominis (roof)   
Lacunate ligament (floor)   
Internal Abdominal Oblique (roof)   
See diagram: [[1]]   
(richard bruno)

Retroperitoneal Viscera – SAD PUCKER   
Suprarenal glands(adrenal glands)   
Aorta/IVC   
Duodenum (2nd/3rd Secondarily Retroperitoneal)   
Pancreas (Secondarily Retroperitoneal except tail)   
Ureter   
Colon (ascending/descending Secondarily Retroperitoneal)   
Kidneys   
Esophagus (Secondarily Retroperitoneal)   
Rectum (Secondarily Retroperitoneal)   
(Ricky Tavangari)

Valve Cusps in the Heart

The Right Atrium TAPS: Tricuspid with Anterior, Posterior and Septal The Left Atrium goes BAP: Bicuspid Anterior, Posterior

PeARLS: Pulmonary, Anterior, Right, Left Semilunar   
ALPS: Aorta, Left/Right Posterior Semilunar   
OK, you have to remember R/L for the L in ALPS, or else it would be ARLPS

Branches off the aortic arch are as simple as the abc’s: Aorta Brachiocephalic Common Corotid Subclavian Sarah Williams

Branches of the SMA (superior mesenteric artery).   
Think of the man who some might call the ‘ superior’ 007: “ Sean Connery In froM Russia wIth Love.” Translation: Inferior pancreaticduodenal artery, Middle colic artery, Right colic artery, Intestinal arteries, iLeocolic artery.

Branches of the IMA (inferior mesenteric artery).   
Think of the man some might call the ‘ inferior’ 007: “ Sir Roger (Moore) in the Spy who Loved (me).” Translation: Superior Rectal, Marginal, Sigmoidal, Left Colic.

Branches of Internal Iliac Artery: U Oughta INVent MoRe ImPortant IGnoble ILLustrations for StudyGuides and LectureSlides: Umbilical   
Obturator   
INferior Vesicular (or Uterine)   
Middle Rectal   
Internal Pudendal   
Inferior Gluteal   
ILioLumbar   
Superior Gluteal   
Lateral Sacral   
(richard bruno)

Borders of the inguinal canal: FARP: LI EI TI TC   
F(loor): Lacunar, Inguinal ligaments   
A(nterior): External oblique, Internal oblique   
R(oof): Transversus abd, Internal oblique   
P(osterior): Transversalis fascia, Conjoint tendon   
(Brian Garvey)

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.)   
(somewhere on the internet)

Block 3:   
Internal Pudendal A. Branches, Male: Ivan Plants Bulbs Unusually Deep Down: Inferior rectal A.   
Perineal A. (branches to scrotal a)   
A. of the Bulb of penis   
A. to Urethra   
Deep artery of penis   
Dorsal artery of penis

Internal Pudendal A. Branches, Female: Ivana Plants Bulbs and Veggies Deep Down: Inferior rectal A.   
Perineal A. (branches to labial a)   
A. of the vestibular Bulb   
Vaginal A.   
Deep artery of clitoris   
Dorsal artery of clitoris   
(David Sanders)

Hip Lateral Rotator Muscles: “ Play Golf Or Go On Quaaludes”: Piriformis   
Gemellus superior   
Obturator internus   
Gemellus inferior   
Obturator externus   
Quadratus femoris   
Alternatively: “ P-GO-GO-Q”.   
(medicalmnemonics. com)

Block 4

CN IV: TSO: Trochlear N. subserves the Superior Oblique   
(michael sethi)   
CN V – Trigeminal Nerve:   
V1: Ophthalmic Nerve: The NFL   
Tentorial   
Nasociliary   
Frontal   
Lacrimal   
Branches of the Nasociliary: Sugar Lumps Please All Individuals Sensory root of the ciliary ganglion   
Long ciliary nerves   
Posterior Ethmoidal   
Anterior Ethmoidal   
Infratrochlear

Branches of the Nasociliary (Alternate version- medial to lateral): I Anticipate Perfect Lab Scores Infratrochlear   
Anterior Ethmoidal   
Posterior Ethmoidal   
Long ciliary nerves   
Sensory root of the ciliary ganglion

(emily sellers-subocz)   
V2: Maxillary Nerve: Many Zoroastrians Get Pissed About India Meningeal   
Zygomatic   
Ganglionic branches to the Pterygopalatine ganglion   
Alveolar (Posterior, Middle, and Anterior Superior)   
Infraorbital

V2: Maxillary nerve (alternate version): My Zealous Gerbil Poked My Aunt Ingrid Meningeal   
Zygomatic   
Ganglionic branches (1. Greater palatine 2. Lesser palatine 3. Nasopalatine 4. Posterior superior lateral nasal branch) Posterior Superior Alveolar   
Middle Superior Alveolar   
Anterior Superior Alveolar   
Infraorbital

(emily sellers-subocz & jessica sanderson)

V3: Mandibular Nerve: Mad At Bogus Lunch Money? I AM!   
Meningeal   
Auriculotemporal   
Buccal   
Lingual   
Muscles   
Inferior Alveolar – becomes Mental   
(michael sethi)

CN VII branches: Grandma Can’t Standus Always Saying: To Zanzibar By Motor Car: Greater petrosal   
Chorda tympani   
Stapeius   
Auricular   
Stylohyoid   
Temporal   
Zygomatic   
Buccal   
Marginal-mandibular   
Cervical

(richard bruno)   
Great Scott! Canada Banned Parisian Style! To Zanzibar By Motor Car! Greater petrosal   
Stapedius (n. to)   
Chorda tympani   
Branch to the Auricular N.

Posterior Auricular   
Stylohyoid   
Temporal   
Zygomatic   
Buccal   
Marginal mandibular   
Cervical   
(michael sethi)

CN IX branches: Talk About Sex Performed by TLC:   
Tympanic   
Auricular   
Stylopharyngeal   
Pharyngeal   
Tonsillar   
Lingual   
Carotid

(richard bruno)

CN X branches: Mnemonics Always Provide Crude Sexual References: Meningeal   
Auricular   
Pharyngeal   
Carotid   
Superior laryngeal   
Recurrent laryngeal

(richard bruno)

15 viscerocranium bones: NaVEL ZIP MM:   
Nasal   
Vomer   
Ethmoid   
Lacrimal

Zygomatic   
Inferior nasal conchae   
Palatine

Maxilla   
Mandible