

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

[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