

A list of helpful mnemonic essay sample

[Health & Medicine](#)



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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)

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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)

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Transversus 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 Carotid 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 pancreaticoduodenal 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

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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)

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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.

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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