Things to Help you Remember

**Anatomy Mnemonics**  
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### Carpals

<table>
<thead>
<tr>
<th>Term</th>
<th>Anatomy Reference</th>
<th>Term</th>
<th>Anatomy Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Navicular</td>
<td>Someone</td>
<td>Scaphoid</td>
</tr>
<tr>
<td>Lower</td>
<td>Lunate</td>
<td>Lowered</td>
<td>Lunate</td>
</tr>
<tr>
<td>Tilley’s</td>
<td>Triangular</td>
<td>Tilley’s</td>
<td>Triquetrum</td>
</tr>
<tr>
<td>Pants</td>
<td>Pisiform</td>
<td>Pants</td>
<td>Pisiform</td>
</tr>
<tr>
<td>Grandmother</td>
<td>Greater Multangular</td>
<td>Today</td>
<td>Trapezium</td>
</tr>
<tr>
<td>Might</td>
<td>Lesser Multangular</td>
<td>Twins</td>
<td>Trapezoid</td>
</tr>
<tr>
<td>Come</td>
<td>Capitate</td>
<td>Come</td>
<td>Capitate</td>
</tr>
<tr>
<td>Home</td>
<td>Hamate</td>
<td>Home</td>
<td>Hamate</td>
</tr>
</tbody>
</table>

Or “Some Lovers take positions, that they can’t handle”

### Tarsals

<table>
<thead>
<tr>
<th>Term</th>
<th>Anatomy Reference</th>
<th>Term</th>
<th>Anatomy Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Come</td>
<td>Calcaneus</td>
<td>Connie</td>
<td>1\textsuperscript{st} cuneiform</td>
</tr>
<tr>
<td>(Navicular -tarsal scaphoid )</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>To</td>
<td>Talus</td>
<td>Couldn’t</td>
<td>2\textsuperscript{nd} cuneiform</td>
</tr>
<tr>
<td>Cuba</td>
<td>Cuboid</td>
<td>Count</td>
<td>3\textsuperscript{rd} cuneiform</td>
</tr>
<tr>
<td>Next</td>
<td>Navicular</td>
<td>Cubes</td>
<td>Cuboid</td>
</tr>
<tr>
<td>Christmas</td>
<td>Cuneiforms</td>
<td>Never</td>
<td>Navicular</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tackled</td>
<td>Talus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calculus</td>
<td>Calcaneus</td>
</tr>
</tbody>
</table>

Or “Oliver twist never could cha, cha, cha”
Things to Help you Remember

Bones that form the Orbit:
- Eating Ethmoid
- MacDonald’s Maxilla
- Make Malar/Zygoma
- Fat, Frontal
- Sassy, Sphenoid
- People Palatine
- Lazy Lacrimal

Meninges (Layers of Central Nervous System)
- Deodorant Dura Mater
- Always Arachnoid
- Stops Subarachnoid space
- Perspiration Pia Mater

Baselines of the skull
- Going Glabellomeatal
- On Orbitomeatal / Radiographic Baseline
- Into Infrarbitomeatal/Reid’s
- Another Acanthio-meatal
- Mess Mentomeatal

Layers of bone
- Purple Perisoteum
- Cats Cortex
- Eat Endosteum
- Mice Medulla/Medullary canal
Things to Help you Remember

Basal Foramina of the Skull

Old Finicky  Optic foramen- Optic nerve/ 2nd cranial nerve
Surgeons   Supraorbital fissure- eye muscles, nerves and blood vessels to the eye
Remove     Foramen Rotundum-maxillary portion of the Trigeminal nerve/ 5th cranial nerve
Ovaries     Foramen Ovale-mandibular portion of Trigeminal nerve/ 5th cranial nerve
Last        Foramen Lacerum-internal Carotid artery
Since       Foramen Spinosum-middle Meningeal artery
It          Internal Auditory Meatus-Acoustic nerve, Auditory nerve/ 8th cranial nerve
Jeopardizes Jugular Foramen- internal Jugular vein
Motherhood  Foramen Magnum- Spinal cord

Coronoid Versus Coracoid

A “C” between two “N” ations
Noid – coid – noid
Coracoid lies between the two Noids
Coronoid-jaw-mandible
Coracoid-shoulder-scapula
Coronoid-elbow-distal humerus-proximal ulna

Cerebral Cranium (total of 8)

Florida Frontal(1)
Patrol Parietals (2)
Offers Occipital (1)
Tickets Temporal (2)
So Sphenoid (1)
Easily Ethmoid (1)
**Things to Help you Remember**

**Visceral Cranium (total of 14)**

*Never*  Nasal bones (2)

*Make*  Maxillae (2)

*Zebra*  Zygoma/malar (2)

*Make*  Mandible(1)

*Love*  Lacrimal (2)

*Prior*  Palatine (2)

*To*  Turbinates/Inferior Conchae (2)

*Vasectomy*  Vomer (1)

**Twelve (12) Cranial Nerves**

1. *On*  Olfactory
2. *Old*  Optic
3. *Olympic*  Oculomotor
4. *Tower*  Trochlear
5. *Tops*  Trigeminal
6. *A*  Abducens
7. *Fat (Fin)*  Facial
8. *Assed*  Acoustic
9. *German*  Glosspharyngeal
10. *Viewed*  Vagus
11. *A*  Accessory (spinal)
12. *Hop*  Hypoglossal

**ABC’S of the aortic arch!**

Aortic arch gives off the Brachiocephalic trunk, the left Common Carotid, and the left Subclavian artery

**Five Sphincters**

5 Sphincters found in the Alimentary Canal are **APE OIL**: Anal, Pyloric, Lower Esophogal, Oddi, and Ileoecum.
Things to Help you Remember

A Passage for Posterity

What an honor it must be
To have a tube names after you,
Like out old friends Fallopius and Eustachius do,
So that passing on, you leave behind something that stuff can keep
On passing through.

Access for Acqueous
Reside in the canal of Schlemm,
And Wharton has a Duct that serves the flow of phlegm,
I get a lump in my sinus of Morgagni
When I sit and think of them.

For me, even part of a tube would do,
Like the Ampulla of Abraham Vater,
Or the lopp of Fredrich Gustav Jacobe
Henle That carries so much water,
Or just some little niche,
That some holy fellow hasn’t already though a’.

The entrance of exit
To an anatomic tunnel I would suffice,
Like the sphincter of Oddi or a
Sphincter not quite as nice.

That odious egress upon which all beings human deign to sit,
I’ve so often been called the same, perhaps I was named after it !!!

Robert Bloomfield 1981
(With Thanks to Geraldine Zurek)

I would like to thank the many students and faculty who have shared their
Mnemonics over the years.
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