Anatomy Mnemonics

Head and Neck Anatomy Mnemonics

Skull mnemonics

Cranial bones: Old Pygmies From Thailand Eat Skulls
- Occipital
- Parietal
- Frontal
- Temporal
- Ethmoid
- Sphenoid

Cranial bones (alternative): STEP OF 6
The 6 skull bones are:
- Sphenoid
- Temporal
- Ethmoid
- Parietal
- Occipital
- Frontal

Cranial sutures: Learn Cranial Sutures
- Lambdoid
- Coronal
- Sagittal

Facial bones: Zoro Likes Punching My Very Nose In
- Zygomatic
- Lacrimal
- Palatine
- Maxillary
- Vomer
- Nasal
- Inferior concha

Punching my nose reminds one of the facial bones.

Facial bones (alternative): Virgil Can Not Make My Pet Zebra Laugh!
- Vomer
- Conchae
- Nasal
- Maxilla
- Mandible
- Palatine
- Zygomatic

- Lacrimal

Mastoid bone (muscle insertion): Log Suddenly Struck my Mastoid
- Longissimus capitis
- Splenius capitis
- Sternomastoid

Superior orbital fissure (structures passing through): Lazy French Tarts Lie Naked In Anticipation Of Sex
- Lacrimal nerve
- Frontal nerve
- Trochlear nerve
- Lateral nerve
- Nasociliary nerve
- Internal nerve
- Abducens nerve
- Ophthalmic veins
- Sympathetic nerves

Trigeminal nerve (where branches exit skull): Standing Room Only
- Superior orbital fissure is V1
- foramen Rotundum is V2
- foramen Ovale is V3

Orbit (bones of medial wall): My Little Eye Sits in the orbit
- Maxilla (frontal process)
- Lacrimal
- Ethmoid
- Sphenoid (body)

Foramina of the base of the skull: 3 foramina of the anterior part (teeth and palate)
- Incisive fossa
- Greater palatine fossa
- Lesser palatine fossa

3 SMALL foramina of the middle part (Small Sized Opening)
- Sternomastoid foramen
- Foramen Spinosum
- Foramen ovale

3 LARGE foramina of the middle part (Laceration of artery and vein)
- Foramen lacerum
- Carotid canal
- Jugular foramen
3 foramina related to the occipital condyles

- Anterior condylar foramen
- Posterior condylar foramen
- Foramen Magnum

3 fissures of the base of the skull (one related to the eye, ear, mouth)

- Inferior orbital fissure
- Pterygo-maxillary fissure
- Squamo-tympanic fissure

Foramen ovale contents: OVALE

- Otic ganglion (just inferior)
- V3 cranial nerve
- Accessory meningeal artery
- Lesser petrosal nerve
- Emissary veins

Trigeminal nerve (where branches exit skull): Standing Room Only

- Superior orbital fissure is V1
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Foramen spinosum (location on base of skull):

- Foramen spinosum is adjacent to the spine of sphenoid.

Scalp mnemonics

Scalp: SCALP: (From superficial to deep)

- Skin
- Connective tissue
- Aponeurosis
- Loose areolar tissue
- Pericranium

Scalp nerve supply: GLASS

- Greater occipital/ Greater auricular
- Lesser occipital
- Auriculotemporal
- Supratrochlear
- Supraorbital

Muscle mnemonics

Ptérygoïd muscles (function): Look at how your jaw ends up when saying first syllable of 'Lateral' or 'Medial'

- "La": your jaw is now open, so Lateral opens mouth.
- "Me": your jaw is still closed, so Medial closes the mandible.

Eye rotation by oblique muscles  I Love S&M

- Inferior oblique: Lateral eye rotation.
- Superior oblique: Medial eye rotation.

Extrinsic muscles of tongue [for pro soccer fans]: Paris St. Germain's Hour

- Palatoglossus
- Stylloglossus
- Genioglossus
- Hyoglossus

- PSG is a French soccer team (foreign), hence extrinsic comes to mind.

Cricoarytenoids: abductor vs. adductor When aliens abduct you, they Probe you

Posterior cricoarytenoids adduct. Lateral therefore is adduct by default.

Artery mnemonics

Carotid sheath contents: I See 10 CC's in the IV

- I See (I.C.) = Internal Carotid artery
- 10 = CN 10 (Vagus nerve)
- CC = Common Carotid artery
- IV = Internal Jugular Vein

External carotid artery branches Some Angry Lady Figured Out PMS

- Superior thyroid
- Ascending pharyngeal
- Lingual
- Facial
- Occipital
- Posterior auricular
- Maxillary
- Superficial temporal
External carotid artery branches: Some Aggressive Lovers
Find Odd Positions More Stimulating

- Superior thyroid
- Ascending pharyngeal
- Lingual
- Facial
- Occipital
- Posterior auricular
- Maxillary
- Superficial temporal

Foramen ovale contents: OVALE

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Cavernous sinus contents: O TOM CAT

O TOM are lateral wall components, in order from superior to inferior.
CA are the components within the sinus, from medial to lateral. CA ends at the level of T from O TOM.

- Occulomotor nerve (III)
- Trochlear nerve (IV)
- Ophthalmic nerve (V1)
- Maxillary nerve (V2)
- Carotid artery
- Abducent nerve (VI)

T: When written, connects to the T of OTOM

Superior thyroid artery branches: May I Softly Squeeze Charlie’s Girl?

- Muscular
- Infrahyoid
- Superior laryngeal
- Sternohyoid
- Cricothyroid
- Glandular

Veins mnemonics

Internal jugular vein: tributaries: Medical Schools Let Confident People In
From inferior to superior:

- Middle thyroid
- Superior thyroid
- Lingual

- Common facial
- Pharyngeal
- Inferior petrosal sinus

External jugular vein: tributaries: PAST
Posterior external jugular vein
Anterior jugular vein
Suprascapular vein
Transverse cervical vein

Carotid sheath contents: I See 10 CC's in the IV
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Branches of facial nerve: To Zanzibar By Motor Car
Temporal, Zygomatic, Buccal, Masseteric, Cervical

Bell’s palsy: BELL’S Palsy

- Blink reflex abnormal
- Earache
- Lacrimation [deficient, excess]
- Loss of taste
- Sudden onset
- Palsy of VII nerve muscles

All symptoms are unilateral.

Scalp nerve supply: GLASS

- Greater occipital/ Greater auricular
- Lesser occipital
- Auriculotemporal
- Supratrochlear
- Supraorbital

Innervation of the Face: Mandibular nerve: Mastication.
Facial nerve: Facial expression.

Composition of cranial nerves (Motor, Sensory, or Both):
Some Say Marry Money, But My Brother Says Big Breasts Matter More
Sensory, sensory motor, motor, both, motor, both, sensory, both, both, motor, motor in the order of cranial nerves starting from the optic (cranial nerve I).

Lacrimal nerve path: Lacrimal’s story of 8 L’s
Lacrimal nerve runs on Lateral wall of orbit above Lateral rectus, then L cuts communicating branch join in, then supplies Lacrimal gland, then L eaves it and supplies Lateral upper eye L id!
Trigeminal nerve relations in the skull (foramina): Standing Room Only

- Superior orbital fissure is V1 (1st branch)
- foramen Rotundum is V2
- foramen Ovale is V3

Innervation of extra-ocular motor muscles: LR6 (SO4) 3

<table>
<thead>
<tr>
<th>LR6</th>
<th>SO4</th>
<th>3</th>
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</thead>
<tbody>
<tr>
<td>Lateral rectus --&gt; VI</td>
<td>Superior Oblique --&gt; IV</td>
<td>The remaining 4 eyeball movers = III</td>
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Extraocular muscles cranial nerve innervation: LR6SO4 rest 3

- Lateral Rectus is 6th
- Superior Oblique is 4th
- rest are all 3rd cranial nerve

Ansa cervicalis nerves: GH oST Hought SOmeone STupid SHot Irene

- Geniohyoid
- Thyrohyoid
- Superior Omohyoid
- Sternothyroid
- Sternohyoid
- Inferior omohyoid

Cervical plexus: arrangement of the important nerves:

GLAST

- 4 compass points: clockwise from north on the right side of neck:
  - Great auricular
  - Lesser occipital
  - Accessory nerve pops out between L and S
  - Supraclavicular
  - Transverse cervical

Regional anatomy mnemonics

Tonsils: The three types PPL (people) have tonsils

- Pharyngeal
- Palatine
- Lingual

Thyroids: relative sizes Thyroid looks like a bra

- Breasts are bigger in women, so thyroid bigger in women.
- Pregnant women have biggest breasts of all, so they have the biggest thyroids.

Thyroid: isthmus location Rings 2,3,4 make the isthmus floor

- Isthmus overlies tracheal rings 2,3,4

Voicebox: names of parts in sagittal cross-section There's 3 V's in your Voicebox

- Vestibular fold
- Ventricle
- Vocal fold

Note: Vestibular and Vocal cord also known as false and true cords respectively.