How to Remember Anatomy Concepts

**Brachial Plexus**
Randy Travis Drinks Cold Beers
Rami Trunk Division Cord Branch

**Basilic Vein vs Cephalic Vein**
Basilic vein is closer to Body

**Thoracoacromial Artery**
ACPD – Atlantic City Police Department
TA supplies acromion, clavicle, pectoral, deltoid muscles

**Lumbrical Action**
Lumbrical action is to hold a pea with the hand in an “L” shape
Metacarpophalangeal joint flexed while interphalangeal joint extended

**Intertubercular Groove**
“The lady between two majors”
Teres major is in medial lip of groove
Pectoralis major is on lateral lip
Latissimus (Lady) is on floor of groove between majors

**Rotator Cuff**
The SITS muscles
First 3 are in greater tubercle
Only the last one is in lesser tubercle
Supraspinatus in supraspinous fossa
Infraspinatus in infraspinous fossa
Teres minor on lateral border
Subscapularis in subscapular fossa

**Flexor Digitorum**
Superficialis splits in two,
To permit Profundus passing through

**Brachioradialis**
BrachioRadialis
Beer Raising muscle – flexes elbow best when wrist in beer holding orientation
Breaks Rules for innervation – flexor muscle, But Radial
Behind it is Radial nerve in cubital fossa
Attaches Bottom of Radius

**Extenson Expansion**
The eXtensor eXpansion is on the proXimal phalynX

**Flexing Elbow**
Three B’s Bend the elBow
Brachialis
Biceps
Brachioradialis
**Anterior Forearm muscles – Superficial**
Place thumb in palm and lay hand palm down on arm like picture
The 4 fingers show distribution PFPP (pass/fail/pass/fail)
- Pronator teres
- Flexor carpi radialis
- Palmaris longus
- Flexor carpi ulnaris
Deep to the others: **Flexor digitorum superficialis**

- Pronator teres
- Flexor carpi radialis
- Palmaris longus
- Flexor carpi ulnaris

**Flexor digitorum superficialis**

**Interossei Muscles of Dorsal/Palmar in Hand**
“PAd” and “DAb”
The Palmar ADduct and the Dorsal ABduct
Use **hand to dab** with a **pad**

**Serratus Anterior Innervation**
SALT
Serratus Anterior = Long Thoracic

**Intrinsic Muscles of Hand (palmar surface)**
“A OF A OF A”
Thenar, lateral to medial:
- Abductor pollicis longus
- Opponens pollicis
- Flexor pollicis brevis
- Adductor pollicis
Hypothenar, lateral to medial:
- Opponens digitii minimi
- Flexor digitii minimi
- Abductor digitii minimi

**Erector Spinae Muscles**
I Love Sports
Lateral to medial
- Iliocostals
- Longissimumus
- Spinalis
**Biceps Brachii Muscle Origins**

"Its a short distance to the corner. Its a long distance to the supr**highway."

**Short** head origin on coracoid process

**Long** head origin on *supra*glenoid cavity

**Deltoid proximal attachments**

Deltoid *CLASP*s

Clavicle

Acromion

Spine of scapula’