MNEMONICS FROM Dr. J  HUMAN ANATOMY

Mnemonics are useful for some people when trying to memorize information. Below are some mnemonics that came from bathroom walls, TV, former students, tutors, and even Dr. J! Try them, if they work use them. If they don't work try some of your own. If even yours don't work don't use them. Good luck, remember, these are just another set of tools to help you learn. Also, if someone tells you mnemonics don't work, remember you didn't get these here - you read them on a bathroom wall somewhere.

General mnemonics for the entire course:
1. It is a Grant thing! This is to help you remember word associations between two or more structures. It comes from the age-old question: "Who is buried in Grant's tomb?" or "When was the war of 1812?". You might remember, for example, that the ULNA bone is accompanied by the ULNAR artery and the ULNAR nerve. That would be a Grant, Grant, Grant thing!

Material for exam #1:
1. The word sagittal has two 't's. If you can remember that the word two begins with a "t" it should remind you that there are two of them in the word sagittal!
2. Who was the first cervical vertebra (C1) named for and why? Atlas! The reason why is that Atlas held the world on his shoulders in Greek mythology as the atlas holds the skull (globe like) on its shoulders. Also, remember that the atlas lacks a body - you may remember that Atlas wrote the song 'I ain't got no body' for David Lee Roth.
3. The second cervical vertebra is named for part of your car - the structure the wheel turns around - the axis. The atlas rotates around the axis when you shake your head 'no' just as a wheel rotates around the axis of the car. It also got its name from the famous rock star Axis Rose of Guns and Roses.
4. On the second vertebra we find the dens or odontoid process. This structure was part of the atlas during embryonic development but it breaks away and fuses to the axis where it becomes the pivot point for the atlas. Its name should remind you of a professional person someone you know goes to - a dentist. The dens looks like a tooth, although I have had some students with overactive imaginations tell me it looked like something else! Wow!
5. The planes of articulation between the vertebrae are OCS – officer Candidate School. Starting at the superior end of the vertebral column we have cervical vertebrae – O for oblique plane, thoracic vertebrae have C for coronal palne, and lumbar have S for sagittal plane. Thanks to Paul B. for the mnemonic!
6. A new way to tell the left from the right scapula was developed by Amy H. (spring 08). Hold the glenoid cavity in front of you so that you are looking toward the cavity from lateral to its anatomical position. If the coracoid process looks like a lower-case "l", it's the right scapula (r for right). Thanks for the great idea Amy!
7. **CAS** - this stands for the three trapezius muscles of the cat from the cranial end to the caudal end - they are: *Clavotrapezius, Acromiotrapezius, Spinotrapezius*. You can get double mileage out of this one because it also stands for the three deltoid muscles of the cat from the cranial end to the caudal end - they are: *Clavobrachialis (Clavodeltoid), Acromiodeltoid, and Spinodeltoid*.

8. Some people have difficulty in pronouncing the *Acromiotrapezius* or *Acromiodeltoid* properly. It is easier if you remember that they were named for the famous Shakespearian character *Acromio* - as in "Acromio, Acromio, where forth art thou?".

9. Here is a good one from Crystal D. (Fall 2008)! If you have trouble remembering that the *Acromiotrapezius* and *Acromiodeltoid* are cat muscles, try saying “Acro-meow-trapezius” and “Acro-meow-deltoid”! As she points out – too bad it doesn’t work for the *clavotrapezius*, *spinotrapezius*, *clavodeltoid*, and *spinodeltoid*. Maybe that is why CCRI doesn’t pay her more than the Red Sox pay Dice K! Thank you Crystal!

10. Sometimes students have trouble remembering the *Levator Scapulae Ventralis* muscle’s name. One student had heard of the things that happened in the 1960s and got the mnemonic from a recreational substance used by some individuals during that period – LSV! I think that Timothy Leary used some at least once too often. Thanks to Jeanne F. for the historical reference!

11. On the posterior side of the thoracic cavity we find the spine of the scapula is at the level of thoracic vertebra 3, spinous process. Karen C. (Fall 2004) did some rock trivia research and found that Tony Bennett wrote and recorded a song called “Three (3) Spine Mice”. The song didn’t do well and the name was eventually changed to one that many of you probably heard as a younger person. Tony was not discouraged and he later teamed up with Perri Como to form the Dixie Chicks. Thank you Karen for this great (and little known) piece of rock history. You are wickett doodette.

12. For the nervous system: the word **SAME** can be used to remember that Sensory and Afferent are the same, as are Motor and Efferent. Thank you Sonya M. for this easy, one word mnemonic!

13. **PAD** – this is a place where I live, but it is also a mnemonic for the order of the meninges from deep to superficial. Pia mater, Arachnoid mater, and Dura mater! Thanks to Maureen L. (Fall 08) for her contribution to the class!

14. Did you ever want to be a cheerleader? Here’s your chance! 

C3, C4, C5!

Stay alive!

Phrenic, phrenic, phrenic!

The C3, C4, C5 refers to the anterior rami of cervical spinal nerves 3, 4 and 5. The stay alive refers to the fact that if these rami aren’t functioning, your diaphragm stops working and you die. The 'Phrenic, phrenic, phrenic' is the name of the nerve formed by the union of these rami. Try this cheer at parties! Your friends will be blown away! Dr. J learned this cheer from Dr. Louis Zanella, author of our lab dissector and the owner’s manual. The course Dr. J teaches is an adaptation of the fine course Dr. Zanella developed over about 30 years while teaching at CCRI.
15. Several structures pass through the diaphragm at different levels. Sean J. sent in this mnemonic to help students remember the structures and the levels they pass through at! **I 8 10 EGGs At 12.** I is for Inferior vena cava at T8 (body). T10 (body) is the EsophaGus and the vaGus nerves. A is for the Aorta and Azygos vein that pass through at T12 (body).

16. Did you ever wonder who the thymus gland was named for? Don Thymus of the morning radio talk show - 'Thymus in the morning'!

17. The arteries that branch from the aorta can be learned with the following mnemonic! **All Bright Students In Venice Can Think!** A is for Aorta, B is for Brachiocephalic (remember there is only one brachiocephalic artery), S is for Subclavian, and then we have the branches of the subclavian – I is for Internal thoracic, V is for Vertebral, C for Costocervical, and T for Thyrocervical. The coronary arteries are the first two branches of the aorta and they are not mentioned, but otherwise this is an awesome mnemonic from Heather T. (spring 09)! Thank you Heather!

18. VCT - this stands for the order (caudal to cranial) of three branches of the subclavian artery. They are: Vertebral, Costocervical, and Thyrocervical arteries.

19. To help you remember how to spell capillary remember that there is a pill in the middle of it.

20. AA - this stands for Arteries Away from the heart chambers. It also stands for what a number of students are driving Dr. J to!

21. Remember that the moderator band toured with Eric Clapton last summer. It helps spread impulses between the right ventricular wall and the interventricular septum.

22. We have a mnemonic for the heart valves: “Tri RIGHT before you bii!” This is to help you remember that the tricuspid valve is on the right side of the heart and the bicuspid valve is on the left side of the heart. They are both atrioventricular valves.