MNEMONICS for the Thorax and Abdomen

Cardiovascular

Branches of the Thoracoacromial Trunk
“Atlantic City Police Department” (acromial, clavicular, pectoral, deltoid)
”Cadavers Are Dead People” (clavicular, acromial, deltoid, pectoral)
“CALifornia Police Department” (clavicular, acromial, pectoral, deltoid)

Branches off the Aortic Arch
“ABC’s”
Aortic Arch:
Brachiocephalic trunk
Common Carotid
Subclavian artery

Descending Abdominal Aorta: Seven Divisions
“Sometimes Intestines Get Really Stretched Causing Leakage”
Suprarenals [paired]
Inferior mesenteric
Gonadal [paired]
Renals [paired]
Superior mesenteric
Celiac
Lumbar [paired]

Celiac Trunk: Branches
“Left Hand Side (LHS)”
Left gastric artery
Hepatic artery
Splenic artery

Heart Valves, Order in Circuit
“First learn a Tricycle, then learn a Bicycle”
Flow through Tricuspid first, then Bicuspid

Heart Valves, Order in Circuit
“Try Pulling My Aorta”
Tricuspid
Pulmonic
Mitral
Aortic

Atrioventricular Valves
"LAB RAT"
Left Atrium: Bicuspid
Right Atrium: Tricuspid
Aortic and Pulmonary Valve Cusps
“A is P, P is A”
The aortic valve has a posterior cusp. The pulmonary valve has an anterior cusp

Lungs

Segmental Bronchi of Right Lung, in order from upper to lower
- Apical
- Posterior
- Anterior
- Lateral
- Medial
- Superior
- Posterior basal
- Anterior basal
- Lateral basal
- Medial basal

Left lung Segments
”Astute Anatomists Share Inside Secrets About Lungs, Period”
- Apicoposterior
- Anterior
- Superior Lingular
- Inferior Lingular
- Superior
- Anteromedial basal
- Lateral Basal
- Posterior basal

“Inhale a bite, goes down the right”
Inhaled objects more likely to lodge in right bronchus, since it is the one that is more vertical

Nerves

Phrenic Nerve Innervation of the Diaphragm
“C3,4,5 keeps the diaphragm alive”

Serratus Anterior, Innervation and Action
“C5-6-7 raise your arms up to heaven”
Long thoracic nerve roots (5,6,7) innervate Serratus anterior

Intercostal Vessels, Superior to Inferior
“V.A.N.”
- Vein
- Artery
- Nerve
Vertebral horns
“D.A.V.E.”
Dorsal = Afferent
Ventral = Efferent

Pectoral Nerves: Lateral vs. Medial
“Lateral Less, Medial More”
Lateral pectoral nerve only goes through Pectoralis major, but Medial pectoral nerve goes through both Pectoralis major and minor

Somatic Nerves of the Posterior Abdomen
“Seven Inches Isn’t Long, Girls- Find Other Lovers!”
Splanchnic nerves
Ilioipogastric
Ilioinguinal
Lumbosacral trunk
Genitofemoral
Femoral
Obdurator
Lateral femoral cutaneous

Abdomen

Diaphragm Apertures, Spinal Levels
“Come Enter the Abdomen”
Caval [8]
Esophagus [10]
Aorta [12]

Order of Small Intestine Subunits
“Dow Jones Industrial”
Duodenum
Jejunum
Ilium

Meckel’s Diverticulum
“Rule of 3’s”
3” long
3% of the population
Within 3’ of the iliocceal junction

4 Parts of Duodenum
“Superman Definitely Has it All”
Superior
Descending
Horizontal
Ascending
Relative Position of Ureters
“Water under the bridge”
The ureters (which carry water), are posterior to the ovarian/testicular artery

Lobes of the Liver
“VC goes with VC”
The Venousum and Caudate is on same side as Vena Cava [posterior]. Therefore, quadrate and teres must be on anterior by default.

Muscle Layers, Abdomen, from Inside Out
“Spare TIRE around their abdomen”
Transversus abdominis
Internal abdominal oblique
Rectus abdominis
External abdominal oblique

Vagus Nerve, Descending Path into Abdomen
“I Left my Aunt in Vegas”
Left Vagus nerve goes Anterior descending into the abdomen

Retroperitoneal Organs (Major)
“AC/DC Rocker Kids Party Down”
Ascending Colon
Descending Colon
Rectum
Kidneys
Pancreas
Duodenum

Radiography/Miscellaneous

CT Scan, Order of Structures Posterior to Anterior
“Vinai Ate Every Turnip” (yes, the very same most famous man)
Vertebrae
Aorta
Esophagus
Trachea

Pronation vs. Supination
“Supine is on your spine”
Therefore, prone is the “other” one
Also, prone to suffocate in prone position

Thoracic Duct, in Relation to Azygous Vein and Esophagus
“The duck between 2 gooses”
Thoracic duct (duck) is between 2 gooses, azygous and esophagus

Superior Mediastinum, Contents
“PVT Left BATTLE”
Phrenic nerve
Vagus nerve
Thoracic duct
Left recurrent laryngeal nerve (not the right)
Brachiocephalic veins
Aortic arch (and its 3 branches)
Thymus
Trachea
Lymph nodes
Esophagus

Posterior Mediastinum, Contents
There are 4 birds
The esophagus
The vagus nerve
The azygos vein
The thoracic duct

Histo/SBPM

Dynein vs. Kinesin
“Do Not Kill Please”
Dynein (goes to) Negative
Kinesin (goes to) Positive

Websites

http://www.medicalmnemonics.com