

Anatomy Lab Practical #2 Helpful Hints Sheet

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In no particular order...

- Ⓢ If a muscle has a major and a minor portion (ex. teres major and minor) the minor muscle is always superior to the major muscle.
- Ⓢ Know the landmarks of the muscles of the neck (hyoid bone, thyroid cartilage, sternum) and then remember the muscles from inferior to superior using those landmarks!
- Ⓢ The long head of the biceps brachii is lateral.
- Ⓢ The short head of the biceps brachii is medial.
- Ⓢ The long head of the triceps brachii splits the teres minor and major and you can then use that as a reference point for the lateral and medial heads (look to distal end of humerus, a.k.a. by the elbow for the medial head).
- Ⓢ Posterior forearm memory aide:
~ “Long” = longus; “Short” = brevis
 - long short long short long
 - extensor extensor abductor extensor extensor
- Ⓢ Anterior forearm memory aide: (superficial to deep)
 - Layer 1: flexor carpi ulnaris (pinky side), palmaris longus (middle if it exists), flexor carpi radialis (thumb side)
 - Layer 2: flexor digitorum superficialis
 - Layer 3: flexor digitorum profundus (pinky side), flexor pollicis longus
 - Layer 4: pronator quadratus
- Ⓢ Lumbricals = the “lumbering” little worms in the hand (in between the tendons of the flexor digitorum superficialis and flexor digitorum profundus 😊)
- Ⓢ The erector spinae muscles can be remembered by the mnemonic: I love spaghetti! Moving lateral to medial the muscles are: iliocostalis, longissimus, spinalis.
- Ⓢ IPA muscles are the muscles in the anterior compartment of the thigh. Moving lateral to medial the muscles are: iliopsoas, (fiber bundle), pectineus, adductors (longus, brevis, magnus).
- Ⓢ The long head of the biceps femoris is medial.
- Ⓢ The short head of the biceps femoris is lateral.
- Ⓢ The semitendinosus is one of the hamstring muscles (posterior compartment of the thigh) – it has the longest inferior tendon of the group.
- Ⓢ Tom, Dick, and Harry are the flexor muscles on the posterior side of the medial malleolus: tibialis posterior, flexor digitorum longus, flexor hallucis longus.

Reminders:

- Ⓢ Know the histology slides online (are you sick of me reminding you of this yet? 😊)
- Ⓢ Know the different types of joints, subdivisions, and their structural classifications (type of intervening tissue).
- Ⓢ Know how many nuclei are in each type of muscle cell.
- Ⓢ Know the muscles of the rotator cuff: supraspinatus, infraspinatus, teres minor, subscapularis.