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 pneumonic: 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.