

# Mnemonics – Joints of Upper Limb

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### 1. Sequence of Major Joints (Proximal ? Distal)

? Mnemonic: “**Some Shoulders Elbowed Radiant Wrists Happily**”

? **S**ternoclavicular ? **S**capulothoracic ? **E**lbow ? **R**adioulnar ? **W**rist ? **H**and (MCP + IP)

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### 2. Type of Each Joint

? Mnemonic: “**Sell Plane Balls to Pivot Elliptical Hands**”

- **S**ternoclavicular – *Saddle (functionally ball-and-socket)*
  - **P**lane – *Acromioclavicular*
  - **B**all – *Shoulder (glenohumeral)*
  - **P**ivot – *Radioulnar (supination–pronation)*
  - **E**lliptical – *Wrist (radiocarpal)*
  - **H**ands – *MCP (condyloid) + IP (hinge)*
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### 3. Ligaments of Sternoclavicular Joint

? Mnemonic: “A Hip Cat In Coat”

- **A**nterior + **P**osterior sternoclavicular
  - **I**nterclavicular
  - **C**ostoclavicular  
(= main stabilizers)
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### 4. Rotator Cuff Muscles (Shoulder Stabilizers)

? Mnemonic: “SITS”

- **S**upraspinatus
  - **I**nfraspinatus
  - **T**eres minor
  - **S**ubscapularis
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### 5. Bursae around Shoulder

? Mnemonic: “SA Sub Sack”

- **S**ubacromial (subdeltoid)
  - **A** – Acromial arch relation
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- **Sub** – Subscapular bursa
- *Sack = protective cushions preventing friction*

## 6. Ligaments of Shoulder Joint

? Mnemonic: “Go Catch Cool Tricks Calmly”

- **G**lenohumeral (superior, middle, inferior)
- **C**oracohumeral
- **C**oracoacromial
- **T**ransverse humeral
- **C**apsular

## 7. Muscles Causing Shoulder Movements

? Mnemonic: “Feel Every Ab Ad Med Lat Circus”

MOVEMENT	MNEMONIC TRIGGER	KEY MUSCLES
Flexion	<b>Feel</b>	Pectoralis major (clav.), Deltoid (ant.), Biceps, Coracobrachialis
Extension	<b>Every</b>	Latissimus dorsi, Deltoid (post.), Teres major

MOVEMENT	MNEMONIC TRIGGER	KEY MUSCLES
Abduction	<b>Ab</b>	Supraspinatus (initiate), Deltoid (main)
Adduction	<b>Ad</b>	Pectoralis major, Latissimus dorsi, Teres major
Medial rot.	<b>Med</b>	Subscapularis, Pectoralis major, Teres major
Lateral rot.	<b>Lat</b>	Infraspinatus, Teres minor
Circumduction	<b>Circus</b>	All above combined

## 8. Cubital Fossa Contents (Lateral ? Medial)

? Mnemonic: “Really Need Beer Badly”

- Radial nerve
- **N** – Biceps tendon
- **B** – Brachial artery
- **B** – Median nerve (Medially)

## 9. Elbow Joint Ligaments

? Mnemonic: “UR Annular Protection”

- **U**lnar collateral

- Radial collateral
  - **Annular ligament** (around radial head)
  - Provide *Protection* and stability.
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## 10. Interosseous Membrane Direction

? Mnemonic: “Radio Down and In”

- Fibres run *downward and medially* from **radius** ? **ulna**.
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## 11. Supination–Pronation Axis

? Mnemonic: “Head to Head Line”

- Axis passes through **head of radius** ? **head of ulna**.
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## 12. Wrist Joint Ligaments

? Mnemonic: “Please Don’t Use Rage”

- Palmar radiocarpal
- Dorsal radiocarpal
- Ulnar collateral

- Radial collateral
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### 13. Movements at Wrist

? Mnemonic: “Flex Every Add Act Circle”

- **Flexion:** FCR, FCU, FDS, FDP
  - **Extension:** ECRL, ECRB, ECU
  - **Adduction:** FCU, ECU
  - **Abduction:** FCR, ECRL
  - **Circumduction:** Combination of all
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### 14. Ligaments of 1st Carpometacarpal Joint

? Mnemonic: “All Important Obliques”

- Anterior oblique
  - Intermetacarpal ligament
  - Oblique (posterior) ligament
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### 15. Movements of Thumb at 1st CMC

? Mnemonic: “Flex, Ext, AB, AD, OP, RE”

- Flexion, Extension, Abduction, Adduction, Opposition, Reposition.
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## 16. Finger Reference for Abduction–Adduction

? Mnemonic: “Middle is Midline”

- Middle finger = axis; moves *both ways for abduction* but cannot adduct.
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## 17. Ligaments at MCP & IP Joints

? Mnemonic: “Cool People Play”

- Collateral ligaments
  - Palmar plate
  - P – (*Deep transverse metacarpal ligament* at MCP)
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## 18. Deformities of Fingers

? Mnemonic: “MBS for Rheumatoid”

- Mallet finger – extensor avulsion
  - Boutonnière – central slip rupture
  - Swan-neck – flexor–extensor imbalance
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## 19. Clinical Triads

CONDITION	MNEMONIC / COMPONENTS
Pulled elbow	<i>Annular ligament ? Radial head ? Child</i>
Colles' fracture	<i>Old Woman – Fall – Dinner Fork</i>
Gamekeeper's thumb	<i>Ulnar collateral tear ? Abduction injury</i>

### ? Quick Summary Mnemonic

**“Shoulders Glide, Elbows Hinge, Radii Pivot, Wrists Ellipse, Thumb Saddles, Fingers Condyle then Hinge.”**

– captures the entire *joint classification sequence* of upper limb.