

Mnemonics – Joints of Upper Limb

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1. Sequence of Major Joints (Proximal ? Distal)

? Mnemonic: “Some Shoulders Elbowed Radiant Wrists Happily”

? Sternoclavicular ? Scapulothoracic ? Elbow ? Radioulnar ? Wrist ? Hand (MCP + IP)

2. Type of Each Joint

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

- Sternoclavicular – *Saddle (functionally ball-and-socket)*
- Plane – *Acromioclavicular*
- Ball – *Shoulder (glenohumeral)*
- Pivot – *RadiusUlnar (supination–pronation)*
- Elliptical – *Wrist (radiocarpal)*
- Hands – *MCP (condyloid) + IP (hinge)*

3. Ligaments of Sternoclavicular Joint

? Mnemonic: “A Hip Cat In Coat”

- Anterior + Posterior sternoclavicular
- Interclavicular
- Costoclavicular
(= main stabilizers)

4. Rotator Cuff Muscles (Shoulder Stabilizers)

? Mnemonic: “SITS”

- Supraspinatus
- Infraspinatus
- Teres minor
- Subscapularis

5. Bursae around Shoulder

? Mnemonic: “SA Sub Sack”

- Subacromial (subdeltoid)
- A – Acromial arch relation

- **Sub** – Subscapular bursa
- *Sack = protective cushions preventing friction*

6. Ligaments of Shoulder Joint

? Mnemonic: “Go Catch Cool Tricks Calmly”

- Glenohumeral (superior, middle, inferior)
- Coracohumeral
- Coracoacromial
- Transverse humeral
- Capsular

7. Muscles Causing Shoulder Movements

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

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

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

- Ulnar collateral

- Radial collateral
- **Annular ligament** (around radial head)
- Provide *Protection* and stability.

10. Interosseous Membrane Direction

? Mnemonic: “Radio Down and In”

- Fibres run *downward and medially* from **radius** ? **ulna**.

11. Supination–Pronation Axis

? Mnemonic: “Head to Head Line”

- Axis passes through **head of radius** ? **head of ulna**.

12. Wrist Joint Ligaments

? Mnemonic: “Please Don’t Use Rage”

- Palmar radiocarpal
- Dorsal radiocarpal
- Ulnar collateral

- Radial collateral

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

14. Ligaments of 1st Carpometacarpal Joint

? Mnemonic: “All Important Obliques”

- Anterior oblique
- Intermetacarpal ligament
- Oblique (posterior) ligament

15. Movements of Thumb at 1st CMC

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

- Flexion, Extension, Abduction, Adduction, Opposition, Reposition.

16. Finger Reference for Abduction–Adduction

? Mnemonic: “Middle is Midline”

- Middle finger = axis; moves *both ways for abduction* but cannot adduct.

17. Ligaments at MCP & IP Joints

? Mnemonic: “Cool People Play”

- Collateral ligaments
- Palmar plate
- P – (*Deep transverse metacarpal ligament* at MCP)

18. Deformities of Fingers

? Mnemonic: “MBS for Rheumatoid”

- Mallet finger – extensor avulsion
- Boutonnière – central slip rupture
- Swan-neck – flexor–extensor imbalance

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.