

# Mnemonics – Scapular Region

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### 1. Rotator Cuff Muscles (SITS)

? “SITS”

- Supraspinatus
  - Infraspinatus
  - Teres minor
  - Subscapularis
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### 2. Actions of Rotator Cuff

? “SITS = Stabilize + Rotate”

- Supraspinatus ? **abduction (0–15°)**
  - Infraspinatus ? **lateral rotation**
  - Teres minor ? **lateral rotation**
  - Subscapularis ? **medial rotation & adduction**
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### 3. Boundaries of Quadrangular Space

? “T.T.L.H”

- Teres minor (above)
  - Teres major (below)
  - Long head of triceps (medial)
  - Humerus, surgical neck (lateral)
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### 4. Boundaries of Upper Triangular Space

? “T-T-L”

- Teres minor (above)
  - Teres major (below)
  - Long head of triceps (lateral)
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### 5. Boundaries of Lower Triangular Space (Triangular Interval)

? “T-L-L”

- Teres major (above)
- Long head of triceps (medial)

- Lateral head of triceps (lateral)
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## 6. Contents of Intermuscular Spaces

? “A.C.R.”

- Axillary nerve + posterior circumflex humeral artery ? Quadrangular space.
  - Circumflex scapular artery ? Upper triangular space.
  - Radial nerve + profunda brachii artery ? Lower triangular space.
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## 7. Anastomosis Around Scapula

? “Some Dangerous Collaterals Around Shoulder”

- Suprascapular artery
  - Dorsal scapular artery
  - Circumflex scapular artery
  - Acromial branch of thoracoacromial artery
  - Subscapular artery (via circumflex scapular)
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## 8. Muscles Forming Posterior Axillary Fold

? “L&T = Posterior Fold”

- **Latissimus dorsi**
- **Teres major**