

Mnemonics – Chapter: Forearm and Hand

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1. Superficial Flexor Muscles of Forearm (Lateral ? Medial)

? Mnemonic: “Pass–Fail–Pass–Fail”

- **P** ? Pronator teres
 - **F** ? Flexor carpi radialis
 - **P** ? Palmaris longus
 - **F** ? Flexor carpi ulnaris
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2. Deep Flexor Muscles of Forearm

? Mnemonic: “F-F-P”

- **F** ? Flexor digitorum profundus
 - **F** ? Flexor pollicis longus
 - **P** ? Pronator quadratus
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3. Superficial Extensor Muscles (Lateral ? Medial)

? Mnemonic: “**BRAE–BRE–DI–MI–UL**”

- **BRA** ? Brachioradialis
 - **E** ? Extensor carpi radialis longus
 - **BRE** ? Extensor carpi radialis brevis
 - **DI** ? Extensor digitorum
 - **MI** ? Extensor digiti minimi
 - **UL** ? Extensor carpi ulnaris
-

4. Deep Extensor Muscles

? Mnemonic: “**Sup–Ab–EPB–EPL–EI**”

- **Sup** ? Supinator
 - **Ab** ? Abductor pollicis longus
 - **EPB** ? Extensor pollicis brevis
 - **EPL** ? Extensor pollicis longus
 - **EI** ? Extensor indicis
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5. Compartments Under Extensor Retinaculum (Lateral ? Medial)

? Mnemonic: “22-1-22-1-1 Rule” or “AB-E-E-E-E-E”

COMPARTMENT	TENDONS	MNEMONIC
1	Abductor pollicis longus & Extensor pollicis brevis	(A-B)
2	Extensor carpi radialis longus & brevis	(R-R)
3	Extensor pollicis longus	(L)
4	Extensor digitorum & Extensor indicis	(D-I)
5	Extensor digiti minimi	(M)
6	Extensor carpi ulnaris	(U)

Simplified: “AB-RE-L-DI-M-U” ? 1 to 6

6. Thenar Muscles

? Mnemonic: “All For Opposition”

- **A** ? Abductor pollicis brevis
- **F** ? Flexor pollicis brevis
- **O** ? Opponens pollicis
(All supplied by median nerve except deep head of flexor pollicis brevis ? ulnar nerve)

7. Hypothenar Muscles

? Mnemonic: “All Five Oppose”

- **A** ? Abductor digiti minimi
 - **F** ? Flexor digiti minimi brevis
 - **O** ? Opponens digiti minimi
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8. Lumbricals & Interossei Nerve Supply

? Mnemonic: “1–2 by Median, 3–4 by Ulnar”

- 1st & 2nd lumbricals ? Median nerve
- 3rd & 4th lumbricals ? Ulnar nerve

? Mnemonic for Interossei: “PAD–DAB”

- **P** ? Palmar **AD**duct
 - **D** ? Dorsal **AB**duct
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9. Muscles of Thumb (Pollicis Group)

? Mnemonic: “All A F O E”

- **A** ? Abductor pollicis brevis
-

- **F** ? Flexor pollicis brevis
 - **O** ? Opponens pollicis
 - **E** ? Adductor pollicis
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10. Arterial Arches of Hand

? Mnemonic: “**Superficial = Ulnar Major, Deep = Radial Major**”

- **Superficial Palmar Arch:** mainly from **ulnar artery**.
 - **Deep Palmar Arch:** mainly from **radial artery**.
? To remember branch pattern:
 - **Superficial Arch** ? 3 common ? 6 proper digital arteries.
 - **Deep Arch** ? 3 palmar metacarpal ? join superficial branches.
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11. Nerve Supply of Hand (Palmar Aspect)

? Mnemonic: “**Lateral 3½ = Median; Medial 1½ = Ulnar**”

- Median nerve ? thumb, index, middle, and radial half of ring finger.
 - Ulnar nerve ? little finger and ulnar half of ring finger.
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12. Ulnar Nerve – Muscles Supplied in Hand

? Mnemonic: “All by Ulnar except LOAF”

- **L** ? Lateral two lumbricals
 - **O** ? Opponens pollicis
 - **A** ? Abductor pollicis brevis
 - **F** ? Flexor pollicis brevis (superficial head)
(All other intrinsic hand muscles by ulnar nerve)
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13. Radial Nerve – Extensor Muscle Supply

? Mnemonic: “B–E–E–E–E–E–E–E”

- **B** ? Brachioradialis
 - **E** ? Extensors (ECRL, ECRB, ED, EDM, ECU, APL, EPB, EPL, EI)
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14. Carpal Tunnel Contents

? Mnemonic: “9 Tendons + 1 Nerve”

- **9 Tendons:**
 - 4 of *FDS*
 - 4 of *FDP*
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- 1 of *FPL*

- + Median nerve
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15. Dorsal Digital Expansion Attachments

? Mnemonic: “C for Central, L for Lateral”

- Central slip ? to base of middle phalanx.
- Lateral slips ? unite and insert into base of distal phalanx.