MEDICAL EDUCATION RESOURCE

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)

2. Type of Each Joint

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

- **S**ternoclavicular – *Saddle (functionally ball-and-socket)*
- **P**lane – *Acromioclavicular*
- **Ball** – *Shoulder (glenohumeral)*
- **Pivot** – *Radioulnar (supination–pronation)*
- **Elliptical** – *Wrist (radiocarpal)*
- **Hands** – *MCP (condyloid) + IP (hinge)*

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

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

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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

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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

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8. Cubital Fossa Contents (Lateral ? Medial)

? **Mnemonic: “Really Need Beer Badly”**

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

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9. Elbow Joint Ligaments

? **Mnemonic: “UR Annular Protection”**

- **U**lnar collateral

- **R**adial 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”**

- **P**almar radiocarpal
- **D**orsal radiocarpal
- **U**lnar collateral

- **R**adial 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”**

- **A**nterior oblique
- **I**ntermetacarpal ligament
- **O**blique (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”**

- **C**ollateral ligaments
- **P**almar plate
- **P** – (*Deep transverse metacarpal ligament* at MCP)

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18. Deformities of Fingers

? **Mnemonic: “MBS for Rheumatoid”**

- **M**allet finger – extensor avulsion
- **B**outonnière – central slip rupture
- **S**wan-neck – flexor–extensor imbalance

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19. Clinical Triads

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

? **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.