

Mnemonics – Chapter: Arm

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1. Muscles of the Anterior Compartment

? Mnemonic: “BBC”

- **B** ? Biceps brachii
 - **B** ? Brachialis
 - **C** ? Coracobrachialis
(All supplied by the **Musculocutaneous nerve**)
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2. Heads of Biceps Brachii

? Mnemonic: “Short from Coracoid, Long from Glenoid”

- Short head ? *Coracoid process*
 - Long head ? *Supraglenoid tubercle*
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3. Heads of Triceps Brachii

? Mnemonic: “Long-Lateral-Medial”

- **Long head** ? Infraglenoid tubercle of scapula
 - **Lateral head** ? Posterior humerus *above* spiral groove
 - **Medial head** ? Posterior humerus *below* spiral groove
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4. Contents of Cubital Fossa (from Medial ? Lateral)

? Mnemonic: “My Brother Throws Rocks”

- **M** ? Median nerve
 - **B** ? Brachial artery
 - **T** ? Tendon of biceps brachii
 - **R** ? Radial nerve
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5. Boundaries of Cubital Fossa

? Mnemonic: “Base, Medial, Lateral, Roof, Floor”

- **Base (superior)** ? Line joining epicondyles
 - **Medial** ? Pronator teres
 - **Lateral** ? Brachioradialis
 - **Roof** ? Skin, fascia, bicipital aponeurosis
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- **Floor** ? Brachialis (medially), Supinator (laterally)
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6. Branches of Brachial Artery

? Mnemonic: “Many People Prefer Sharing Ice-cream Radially”

- **M** ? Muscular branches
 - **P** ? Profunda brachii artery
 - **P** ? Nutrient artery to humerus
 - **S** ? Superior ulnar collateral artery
 - **I** ? Inferior ulnar collateral artery
 - **R** ? Radial and ulnar terminal branches
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7. Branches of Profunda Brachii Artery

? Mnemonic: “Delightful Radial Muscular Middle”

- **D** ? Deltoid (ascending) branch
 - **R** ? Radial collateral artery
 - **M** ? Middle collateral artery
 - **M** ? Muscular branches to triceps
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8. Structures Passing from Medial to Lateral in Cubital Fossa (Surface)

? Mnemonic: “Veins Nerves Arteries Tendons”

- **V** ? Median cubital vein (superficial)
 - **N** ? Median nerve
 - **A** ? Brachial artery (and its branches)
 - **T** ? Tendon of biceps
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9. Branches of Radial Nerve in Arm

? Mnemonic: “3 Muscles, 3 Cutaneous, 1 Articular”

- **Muscular:** 3 ? Long, lateral, medial heads of triceps + Anconeus
 - **Cutaneous:** Posterior cutaneous nerve of arm, lower lateral cutaneous nerve of arm, posterior cutaneous nerve of forearm
 - **Articular:** Elbow joint branch
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10. Important Reflexes

? Mnemonic: “BBC TV”

- **Biceps reflex** ? C5–C6
- **Triceps reflex** ? C7–C8

- **V** (verify) segmental integrity