



MA of UL O: TUP = @H I 8 2P u 8 I → l 222 gu
 ↓LP = @H & c 2st-6th Rs F: (R) Add, F: (L) Add
 AbP = Xe O b

LD O: @LV, ↓L 1/2 TV, ilc & @H R ABC → I: = c + e 2
 I: TI → f 115 20 of H Pm's RT 4m comm T
 F: (L) Add & E (R) Add → I: CO; F: a 2st should

Pre-approved Memory Aid

Student _____ Subject PSK 4U1-01 Period 1

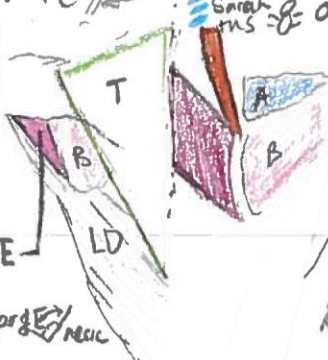
Teacher _____

Teacher Signature _____

A memory aid may include some of the following:

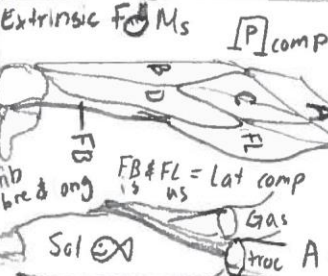
- | | | | |
|-----------------|----------------------------------|------------------|-----------------------|
| abbreviations | diagrams/models | list of formulas | timelines |
| acronyms | elements of design | memory triggers | titles/artists' names |
| charts & graphs | examples | pictures | units of conversion |
| colour | key terms (not full definitions) | techniques | visual maps/webs |

O: inf lat/B scap I: M 222 gu H: P O: 345R I: tip capro scap / F: h w fu
 F: h w (M) Add, E of H @
 I = D of M P
 Lat II → Abd R
 O: occ (nuch I), all CV & TV E
 T I: S scap, acro & E
 F: scap tel, Add, vict, tu, depro, neu
 Levi Scaplen I: u t B scap
 O: 4 u t CV F = h 2 te scap d w
 Rhom M m O: M - F₂ - T₅ I: M - ↓ L B (ot scap)
 m - C₇ - T₁ m B (ot scap @ lv)
 F: h w Add, vict (ot scap) of scap S



Ms of Abd O: pu cr & symph pu
 Rect " us I: Xipro & inf Rs
 F: h w breath, defec & birth
 Xe ob & O: u l 8 Rs I: ilc, h w pu
 F: h w VC, → ce
 Q4 Lorem (d) O: ilc, ↓ LV I: 12 R, h LV
 F: h w lat b VC, h w breath

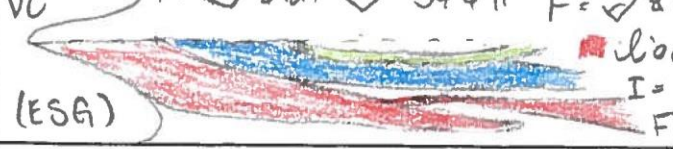
Scal O: 2nd-7th CV I: o' 2st R
 F: h w breathing
 S-tosus O: isch I: prox p of hb
 F: h w hip
 S-m-osus O: isc I: [P] asp
 F: h w hip
 O: inf iliac S
 Rect F: Kn, hip V(s) thus lat: F: Kn
 V(s) thus lat O: lat side linasp & at trach F: Kn
 " " O: "asp" " F: Kn I @ tib of tib




Gas O: lat cyl of fem I: form calc T
 & I @ calc F: plant ank & Kn
 Sol O: u t p fib & conn fib 2 tib
 I: cons calc T F: plant ank
 FB & FL O: fib I: 2st & 5th recta resp
 F: plant ank & ever ↑ foot
 A Sodaliteus O: lat cyl fem I: prox tib
 on [P] side b w cyl F: Bun "kn & n

Dph O: ster, lat R I: soup
 asp + R F: ad air (4 breath)
 IntC Ms O: inf asp + R I: sur
 asp + R F: keep Rs eled
 dur ex & insp → dur heaver
 Transv teis O: X, proster, 2nd-6th Rs
 F: pull AbdW inw

Lus O: CTLV I: mas pro, CV, TV
 F: h w lat S & T
 S (is) O: BI = CV, TV
 F: h w lat S
 iloc O: sac, LV, Rs
 I: R₅, CV
 F: h w lat S
 B: E or digi Lus O: [P] m d r → tib I: phala
 of 2nd-5th ds F: h w toes
 C: Tib [P] O: [P] tib/fib I: of navic
 F: plant ank & unv foot
 D: for hallu lus O: [P] asp of fib I: dist
 phx o' big toe F: h w big toe




Extrinsic FDMs (cont) (of comp)

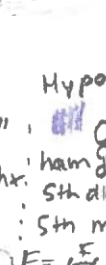

 • **hallus** O = mids of fib
 I = dist phx of **Big Toe** F =


 • **digi lus** O = lat cyl → tib
 I = phala 2nd-5th dig F = toes



 • **fib** O = sh tib I = m
 cunei & 1st metat F = clorsi
 ank & inv FD

Intrinsic FDMs



 • **digi b(1s)**
 O = calc phals I = toe
 F = h2

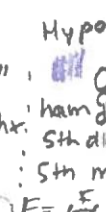

 • **hallu b(1s)** O = ad
 I = mid & lat cunei
 F = big toe



 • **calc** O = calc I = ToF
 digi lus F = h2 toes



 • **add** O = mid & lat cunei
 I = 1st phx

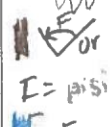

 • **digitorum** O = epi
 I = 2nd phala figs 2-5
 F = int "geal Js of digi 2-5"



 • **Intrinsic HMs**
 Now ar M&M (nce)
 O = "colum" & trap (m)
 I = prox phx thumb & 1st metac



 • **Hypo**
 O = pist ham
 I = prox phx 5th dig & Bot 5th metac

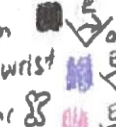

 • **palmaris** O = lat epi cyl H
 I = 2nd metac
 F = h2 & Abd wrist

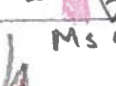

 • **palmaris** O = epi cyl → H
 I = aponeurosis
 F = weak wrist, often x there


 • **palmaris** O = epi cyl H, "alay" cranon
 I = 3rd & 5th metac @ wrist
 F = Add wrist


 • **palmaris** O = epi + H
 I = 2nd metac
 F = Abd @ wrist



 • **palmaris** O = lat epi cyl H
 I = 2nd metac
 F = h2 & Abd wrist

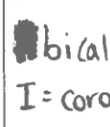

 • **palmaris** O = lat epi cyl H
 I = 3rd metac
 F = int "geal Js lit Ang"

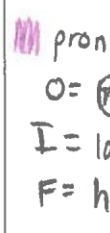

 • **palmaris** O = lat epi cyl H
 I = all ds - thumb
 F = int "T" geal Js of little fig



 • **b(1s)** O = corac pro & supraglenoid proc of scap
 I = Rial
 F = soup in 8 4 arm, elbow

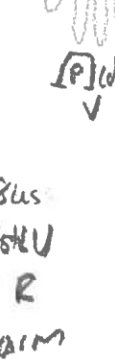

 • **b(1s)** O = lat epi cyl H
 I = styl-proc R
 F = elbow


 • **b(1s)** O = lat & P
 I = R long P → infra scap of scap
 F = elbow


 • **b(1s)** O = corac pro U
 I = h2
 F = arm


 • **pronator teres**
 O = epi cyl H & coron-pro U
 I = lat at mid R
 F = h2 soup in 8 4 arm


 • **pronator** O = at dist U
 I = " " " R
 F = h2 pron 8 4 arm


 • **pronator** O = lat epi cyl H
 I = lat. "alay" cranon on IPI U
 F = h2 4 arm

*** NO Ms at Hip**

Teacher Signature: _____