Bone Mnemonics

Cranial bones "PEST OF 6":
- Parietal
- Ethmoid
- Sphenoid
- Temporal
- Occipital
- Frontal

Cranial bones "Fraternity Parties Occasionally Teach Spam Etiquette":
- The first two letters of each bone:
  - Frontal
  - Parietal
  - Occipital
  - Temporal
  - Sphenoid
  - Ethmoid

Facial bones "Virgil Can Not Make My Pet Zebra Laugh!":
- Vomer
- Conchae
- Nasal
- Maxilla
- Mandible
- Palatine
- Zygomatic
- Lacrimal

Carpal bones "Stop Letting Those People Touch The Cadaver's Hand":
- Proximal row, lateral-to-medial:
  - Scaphoid
  - Lunate
  - Triquetrum
  - Pisiform
- Distal row, lateral-to-medial:
  - Trapezium
  - Trapezoid
  - Capitate
  - Hamate

Carpal bones "These Things Can Happen. Sensible Lovers Take Precautions":
- Distal to proximal:
  - Trapezium
  - Trapezoid
  - Capitate
  - Hamate
  - Scaphoid
  - Lunate
  - Triquetrum
  - Pisiform
Bone Mnemonics

Tarsal bones “Tall Californian Navy Medical Interns Lay Cuties”:
- In order (right foot, superior to inferior, medial to lateral):
  - Talus
  - Calcanous
  - Navicular
  - Medial cuneiform
  - Intermediate cuneiform
  - Lateral cuneiform
  - Cuboid

Elbow joint: radius vs. ulna ends CRAzy TULips:
  - Capitalum = Radius
  - Trochlear = Ulnar

Tibia vs. fibula: which is lateral The Fibula is Lateral.

Wrist: radial side vs. ulnar side Make a fist with your thumb up in the air and say "Rad!". Your thumb is now pointing to your Radius.
- Note: 'Rad!' was a late 80’s catchphrase, short for 'Radical'. Things that were good were called 'Rad'.