

## Bone Mnemonics

### Cranial bones "PEST OF 6":

**P**arietal  
**E**thmoid  
**S**phenoid  
**T**emporal  
**O**ccipital  
**F**rontal

### Cranial bones "Fraternity Parties Occasionally Teach Spam Etiquette":

· The first two letters of each bone:

**F**rontal  
**P**arietal  
**O**ccipital  
**T**emporal  
**S**phenoid  
**E**thmoid

### Facial bones "Virgil Can Not Make My Pet Zebra Laugh!":

**V**omer  
**C**onchae  
**N**asal  
**M**axilla  
**M**andible  
**P**alatine  
**Z**ygomatic  
**L**acrimal

### Carpal bones "Stop Letting Those People Touch The Cadaver's Hand":

· Proximal row, lateral-to-medial:

**S**caphoid  
**L**unate  
**T**riquetrum  
**P**isiform

· Distal row, lateral-to-medial:

**T**rapezium  
**T**rapezoid  
**C**apitate  
**H**amate

### Carpal bones "These Things Can Happen. Sensible Lovers Take Precautions":

· Distal to proximal:

**T**rapezium  
**T**rapezoid  
**C**apitate  
**H**amate  
**S**caphoid  
**L**unate  
**T**riquetrum  
**P**isiform

## Bone Mnemonics

### Tarsal bones "Tall Californian Navy Medical Interns Lay Cuties":

· In order (right foot, superior to inferior, medial to lateral):

**T**alus

**C**alcaneus

**N**avicular

**M**edial cuneiform

**I**ntermediate cuneiform

**L**ateral cuneiform

**C**uboid

### Elbow joint: radius vs. ulna ends CRAzy TULips:

Capitalum = **R**adius

Trochlear = **U**lnar

**Tibia vs. fibula: which is lateral** The Fibu**LA** is **LA**teral.

**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 **R**adius.

· Note: 'Rad!' was a late 80's catchphrase, short for 'Radical'. Things that were good were called 'Rad'.