How to remember the Brachial Plexus: **YOU YOUNG MERMAIDS LINE UP IN FRONT OF MY ULTRA TRIDENT**

Draw the plexus first using the story:
Poseidon called all the mermaids around and said “**You Young Mermaids, Line Up in front of my ULTRA Trident**”
Once they had amassed he then yelled out “**Robert Taylor Drinks Cold Beer**”

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**YOU YOUNG**

**MERMAIDS**

**LINE UP in front of**

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Poseidon’s ULTRA TRIDENT

(ULTRA (NOTE UTLRA in reality))

add 3 lines on top, 3 lines on bottom

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So now we have two things left to do- Label the regions and divisions and of course the names of the nerves (see next page).

**NOTE*** Story goes ULTRA Trident, but the spelling will be UTLRA.

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So the UTLRA Trident is as follows:
U= Upper Subscapular Nerve
T= Thracodorsal Nerve
L=Lower Subscapular Nerve
R= Radial Nerve
A = Axillary Nerve

**ULTRA Trident is BEHIND THE PLEXUS, thus forming the POSTERIOR** Division of the Brachial Plexus.
So now you have drawn the Brachial Plexus, use “**Robert Taylor Drinks Cold Beer**” which gives us… **Roots, Trunks, Divisions, Cords, and Branches**

* For the **DIVISIONS**: note that the initial mnemonic has …..Line Up **IN FRONT** of Poseidens ultra trident……. So just like the story, the **ULTRA Trident is BEHIND THE PLEXUS, thus forming the POSTERIOR** Division of the Brachial Plexus.

**Story for all the nerve names that come off the Brachial Plexus:**

So all the mermaids went and decided to get high, but getting high is only for Towelie:

Nemonic is:  **LSD Made Many Mermaids Undergo Mass Misery**

Starting off with the 3 branches that you added on top they are LSD

The 3 branches that you added on the bottom are Made Many Mermaids (MMM)

The three Anterior branches Undergo Mass Misery (UMM)

L=Lateral Pectoral Nerve
S= Suprascapular Nerve
D= Dorsal Scapular Nerve

M=Medial Pectoral Nerve
M=Medial Pectoral Cutaneous Nerve
M=Medial Antebrachial Cutaneous Nerve

U=Ulnar Nerve
M=Median Nerve
M=Musculocutaneous Nerve
LSD MMM UMM

U = Upper Subscapular
T= Thoracodorsal
L= Lower Subscapular
R=Radial
A=Axillary

L= Lateral Pectoral
S= Suprascapular
D= Dorsal Scapular

M=Medial Pectoral
M=Medial Brachial Cutaneous
M=Medial Antebrachial Cutaneous

U= Ulnar
M= Median
M= Misery

***The LONG THORACIC nerve comes off of the Roots of C5, C6, & C7. (it is not labeled or in this picture)
So how do we know which nerves go to which muscles in the Antebrachium and Hand?

Remember: ½ LOAF

SO....
1. YOU YOUNG MEMMAIDS LINE UP IN FRONT OF MY UTLRA TRIDENT
2. ROBERT TAYLOR DRINKS COLD BEER
3. LSD MADE MANY MERMAIDS UNDERGO MASS MISERY
4. ½ LOAF

This is not my imagination running wild. It is adapted from my previous anatomy teacher’s cool antics for learning the brachial plexus and arm innervations.

Lifted from:
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