

MUSCLES RELATED TO BREATHING

Scalene Muscle	When ribs elevate on inspiration, Rib 1 does NOT elevate because of this muscle		
Grynfeltt-Lesshaft Triangle	12th Rib, Internal oblique, Quadratus Lumborum	12 lang IQ ng La Salle (Mnemonic lang!)	*Rib 12 doesn't move because of the Quadratus Lumborum

*During **SILENT** INSPIRTATION:*

Depressors (SPIT)	SPI (Serratus Posterior Inferior)	Elevators (SLISE)	S (Serratus Posterior Superior)
<i>When you spit, PABABA ang laway.</i>	I (Internal Intercostal)	<i>After slicing the cake, umeksena ka, ITAAS mo.</i>	L (Levator Costarum)
	T (Transversus Thoracis)		I (Innermost intercostal)
			S (Subcostalis)
			E (External Intercostal)

*During **FORCED** INSPIRTATION:*

MAIN MUSCLES involved: SS		SECONDARY MUSCLES involved: INTERCOSTALS	
SCM	Scalene	External intercostal	Elevator
		Internal Intercostal	Rib to rib: Depressor CC to CC: Elevator
		Innermost intercostal	

During **FORCED** Expiration: MAINLY, **Abdominal Muscles**

LOWER BORDERS OF THE LUNGS AND PLEURAL CAVITY

6-8-10	6-10-12
6th Rib, MCL	8th Rib, MCL
8th Rib, MAL	10th Rib, MAL
10th rib, sides of Cervical Column	12th rib, sides of Vertebral Column
LOWER margin of lungs at full EXPIRATION / margins of VISCERAL pleura	LOWER margin of lungs at full INSPIRATION / Margins of PARIETAL Pleura/ COSTAL LINE of PLEURAL RELFECTION

LUNG LOBES, FISSURES, AND SEGMENTS

RIGHT	LEFT
LOBES: SIM <i>Superior, Inferior, Middle</i>	LOBES: SI <i>Superior, Inferior</i> NO MIDDLE!
SEGMENTS (Each lobe has segments)	SEGMENTS (Each lobe has segments)
Superior: APA <i>Apical, Posterior, Anterior</i>	Superior: APASI <i>Same as Right + Superior Lingula, Inferior Lingula</i>
Middle: Lateral, Medial	NO MIDDLE LOBE!
Inferior: PSALM <i>Posterior, Superior, Anterior, Lateral, Medial</i>	Inferior: PSALM (same as right)
HORIZONTAL FISSURE - separates Superior and Middle Lobes	NO HORIZONTAL FISSURE!
OBLIQUE FISSURE - separates Inferior lobe from both the Superior and Middle Lobe	OBLIQUE FISSURE - separates Superior and Inferior Lobes

Each segment is supplied by a **bronchial artery**, the **bronchial veins** are *in between the segments*

The Letter "H"			
Ligamentum Venosum (LV),	Caudate Lobe	IVC	
Ligamentum Teres Hepatis (Round Ligament) Si Taylor Laughter bilog ilong	Quadrante Lobe	Gallbladder	
The Ligamentum Venosum is a remnant of?	Ductus Venosus		
Ligamentum Teres Hepatis (Round Ligament) is a remnant of?	Umbilical Vein		
Components of the Portal Triad	HAp PY BDay! Hepatic Artery, Portal Vein, Bile Duct		
What ligament covers the portal triad?	HepatoDUODENAL LIGAMENT	These 2 ligaments = LESSER OMENTUM	
	HepatoGASTRIC ligament		
GALLBLADDER			
What maintains the neck of the gallbladder neck open at all times (Valves of the Cystic Duct)?	Valves of Hesiter		
The cystic duct can be bypassed through these ducts because they have a direct connection from the gallbladder to the liver.	Ducts of Lushka		
SMALL INTESTINE			
1st Part	Superior (Cap)	5cm	Intraperitoneal
2nd Part	Descending	7-20 cm	Head of Pancreas
3rd Part	Horizontal	6-8 cm	Retroperitoneal
4th Part	Ascending	SHORTEST	Ligament of Treitz
JEJUNUM VS ILEUM			
WALL	THICKER	THIN AND LIGHT	SAAN LANG NANALO SI ILEUM? PLM PEYER'S PATCH, LUMEN, MESENTERIC FAT
COLOR	HIGHLY RED	PALER PINK	
LUMEN	NARROW	WIDER	
VASA RECTA (STRAIGHT VESSELS)	TALLER WIDER	SHORT, NARROW	
VASCULATIRY	GREATER	LESSER	
WALVES OF KERCRKING	LARGE, TALL, CLOSELY PACKED	LOW, SPARSE	
PEYERS PATCH	FEW	MANY	
MESENTERIC FAT	LESS	MORE	

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