

CRANIAL NERVES

CN I	Oh	Olfactory	smell	Some
CN II	Oh	Optic	vision	Say
CN III	Oh	Oculomotor	eye movement (eyeball & lid)	Money
CN IV	To	Trochlear	eye movement	Matters
CN V	Take	Trigeminal	facial sensation, chewing (3 branches: ophthalmic, maxillary, mandibular)	But
CN VI	A	Abducens	eye movement (outward)	My
CN VII	Free	Facial	expressions, taste (anterior 2/3), tears/saliva	Bestie
CN VIII	Very	Vestibulocochlear	balance, hearing	Says
CN IX	Good	Glossopharynx	swallow, taste (posterior 1/3), saliva, O2 & CO2 monitoring	Big
CN X	Vacation	Vagus	throat, lungs, heart rate/BP, digestion smooth muscle + enzymes	Brains
CN XI	Ah	Accessory	neck/shoulder movement, swallow	Matter
CN XII	Heaven	Hypoglossal	tongue movement, swallow, speech	Most

REFLEXES & DERMATOMES

C5	Biceps	Shoulder	L3	Patellar	Anterior Thigh
C6	Brachioradialis	Thumb, Index finger	L4		Medial Foot/Calf
C7	Triceps	Middle Finger	L5	-----	Dorsum Foot, Big Toe
C8	-----	Ring finger, Pinky	S1	Achilles	Lateral Foot

ORTHO TESTS

Neck	Adson's	Thoracic Outlet Syndrome	Lumbar	Kemp's	Space Occupying Lesion
	Wright's			Sitting Straight Leg	Lumbar Disc Lesions → neuropathy
	Brudzinski's	Meningitis		Valsavla's	Space Occupying Lesion
	Kernig			Supine Straight Leg	
	Foraminal Compression	Space-Occupying Lesion		Bragard's	
	Foraminal Distraction	Nerve Root Compression			
Shoulder	Dugas'	Dislocation of Shoulder	Hip	Fabere's	hip joint lesion/arthritis/injury
	Codman's	Rotator Cuff Tear → Supraspinatus m.		Obturator (Cope's)	obturator muscle irritation
	Apley's Scratch	Rotator Cuff Injury → supraspinatus t.		Trendelenberg's	gluteal insufficiency, dislocation, fracture
	Bicipital Groove	tenosynovitis/tendonitis			
Elbow	Cozen's	lateral epicondylitis (tennis elbow)	Knee	Valgus	MCL weakness
	Golfer's Elbow	medial epicondylitis		Varus	LCL weakness
Wrist	Phalen's (Reverse Prayer)	Carpal Tunnel Syndrome		Drawer's	ACL/PCL injury
	Reverse Phalen's (Prayer)			Apley's	medial/lateral meniscus injury, MCL injury
	Tinel's	median nerve inflammation		Bounce Home	meniscus tear/displacement
	Finklestein's	DeQuervain's/Tenosynovitis of thumb		McMurray's Sign	meniscus problems
				Lachman's	ACL injury