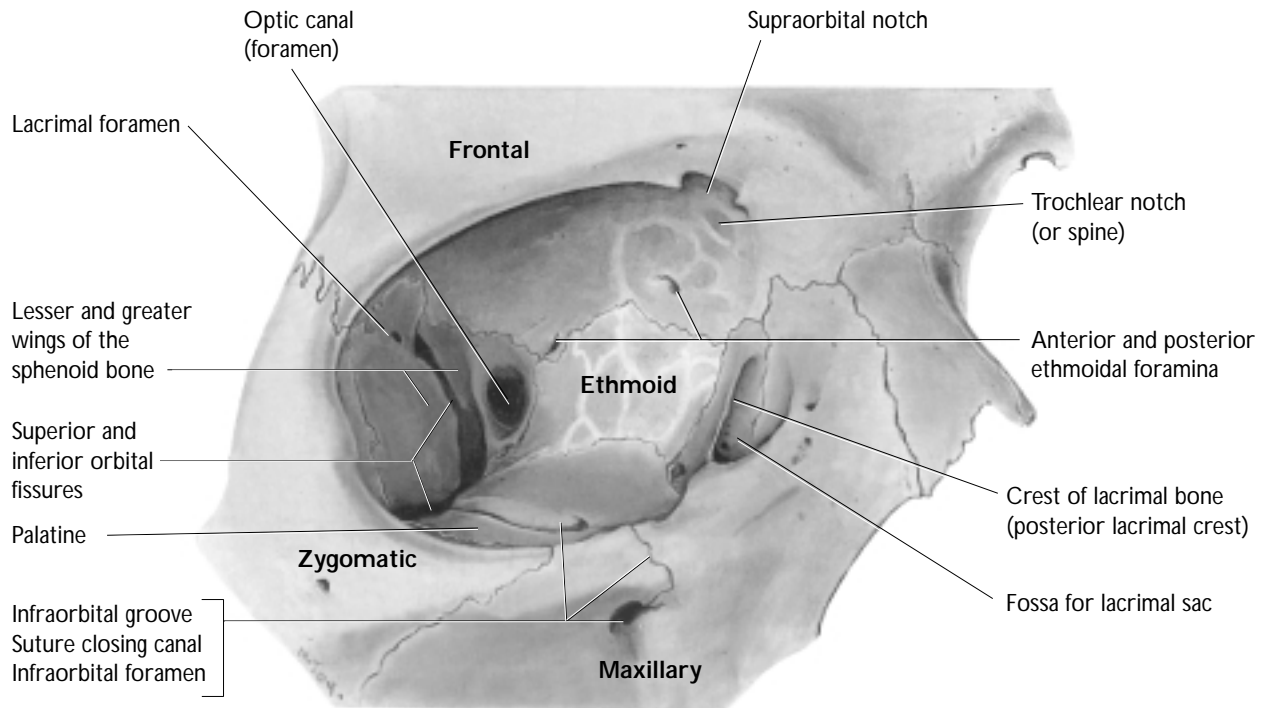


## Letters to the Editor



**Figure 1.** The bony walls of the orbit. Adapted with permission from Moore KL: *Clinically Oriented Anatomy*, 3rd ed. Philadelphia: Williams & Wilkins, 1992:703.

### MNEMONIC: BONES OF THE ORBIT

#### *To the Editor:*

Few learning tasks are more mentally anguishing than memorizing human anatomy for written, practical, oral, and clinical examinations. Over the years as Gray's Anatomy<sup>1</sup> grows to 1200 pages, the learned have managed to abbreviate anatomic information into mnemonics, such as the mnemonic for the cranial nerves and bones of the hand. Mnemonics have proven beneficial in the acquisition, maintenance, and generalization of information.<sup>2</sup> One anatomic area that has troubled medical residents learning anatomy is the bones of the orbit of the eye. The following mnemonic is easy to memorize and can help regulate efforts to study this anatomy. The orbit has seven bones: maxillary, frontal, zygomatic, ethmoid, lacrimal, sphenoid, and palatine (**Figure 1**).<sup>1</sup> These bones can be learned by the mnemonic, Many Friendly Zebras Enjoy Lazy Summer Picnics.

Throughout medical school and into practice, I have found that the use of mnemonics to enhance memory skills has proven invaluable. If you find this

mnemonic and other tools useful, I encourage you to publish your own.

Many	Maxillary
Friendly	Frontal
Zebras	Zygomatic
Enjoy	Ethmoid
Lazy	Lacrimal
Summer	Sphenoid
Picnics	Palatine

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### REFERENCES

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