



FIRST YEAR

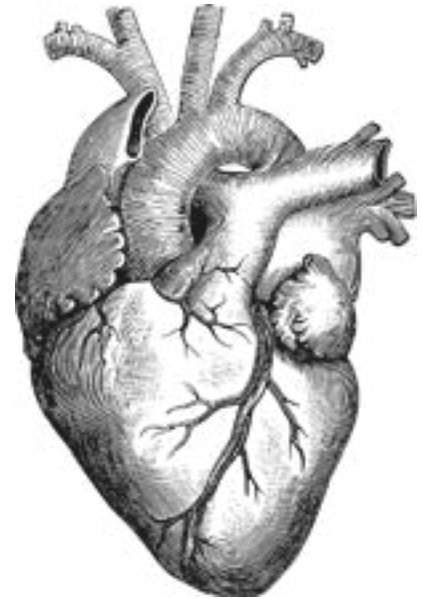
*guide to*

**ANATOMY**

## FIRST YEAR GUIDE TO ANATOMY

**Introduction**

The information presented here is based on the collective wisdom of previous first years on the best way to approach learning anatomy. Anatomy undoubtedly requires a lot of attention and effort but there is a hard way and a less hard way. This guide aims to help make it as easy as possible. This guide is split into three main sections; general approach, resources and approach to worksheets.



There are many different methods for anatomy, so you really need to try things out to find what works for you. Nonetheless we have some suggestions:

**APPROACH**

*An anatomy textbook should be read with an anatomy atlas (the Gray's one is good) especially for complex things it helps a lot for visualising."*

*"Drawing anatomy is a very useful way to understand how structures are related to each other and how structures are formed"*

*"Make sure you try drawing structures out and do LOTS of flashcards to get used to labelling and pointing them out."*



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*“Do anatomy sheets before the session (this is neglected by so many people, and you just end up getting nothing from the session)”*

*“Barge people out the way in anatomy sessions so you can actually see and handle specimens, really good for learning how stuff actually sits in the body not on a 2D textbook picture”*

*“Keep in contact with older year students who can be particularly helpful in distinguishing topics which are core e.g. lung surface anatomy.”*

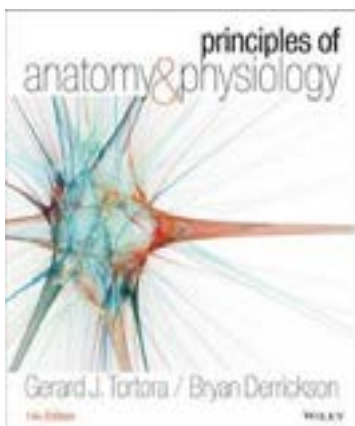
## RESOURCES

“Find a resource you’re comfortable with and get a general idea of the system before going into detail in the sheets”

“Make sure you do the worksheet before the session and focus on what the tutors are saying not the sheet during the session”

The highest rated resource for first year anatomy is **teachmeanatomy** which really does as it promises, “making anatomy simple”. It is well organised and provides clear information with appropriate detail and easy to interpret images. Otherwise, **an@tomedia** is an interactable anatomy resource provided by the university that is accessible through the library. It has images of cadavers which can be really helpful for spotters! The most well-liked anatomy textbooks include **Moore’s Clinically Oriented Anatomy**, **Tortora’s Principles of Anatomy and Physiology**, and **Gray’s Anatomy of the Human Body**. **Netter’s anatomy flash cards** are a favourite when it comes to revision and are incredibly useful for learning and remembering detail, especially regarding musculoskeletal anatomy (if you don’t want to buy them **WebAnatomy** is a good alternative). For imaging, **radiopaedia** all the way, radiology masterclass is also worth checking out and **Net anatomy** for cross sections. But don’t forget, if in doubt ask your peers and more importantly your anatomy tutors!

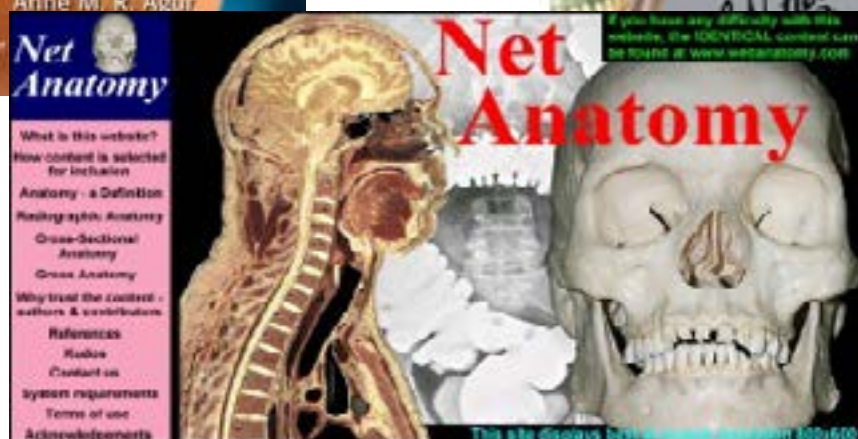
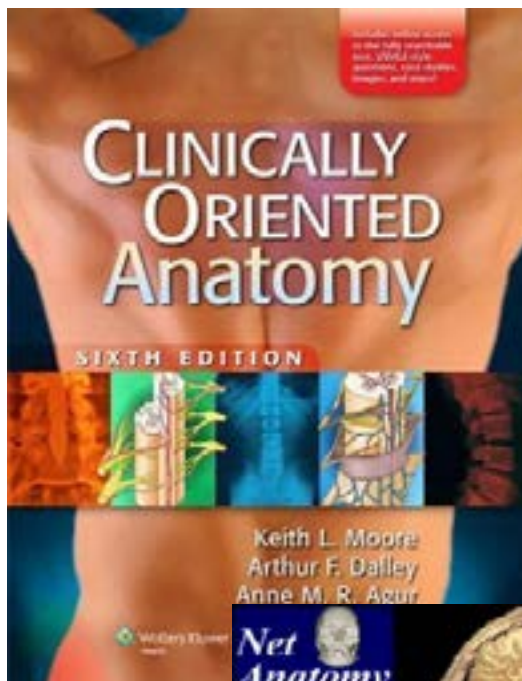
Make sure you use a number of resources when completing the worksheets. Using a combination of teachmeanatomy, Moore’s and radiopaedia is much better than just using one on its own.



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## WORKSHEETS

*The anatomy worksheets can be difficult but stick with it, it is absolutely worth your while to do them and do them early, i.e. before the anatomy session. Also try and avoid the temptation to google the answers. Try starting the sheet with all your resources laid out in front of you so you are more likely to use them. Google might get you an answer, but it won't help you learn.*



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