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› [MEDI STUDY GO](#) /

› [MEDI STUDY GO Anatomy Mind Maps Bundle Instruction Manual](#)

MEDI STUDY GO Anatomy Mind maps Bundle

MEDI STUDY GO Anatomy Mind Maps Bundle Instruction Manual

Your comprehensive guide to utilizing the Anatomy Mind Maps Bundle for effective learning and revision.

1. PRODUCT OVERVIEW

The MEDI STUDY GO Anatomy Mind Maps Bundle is a four-book set designed for medical, physiotherapy, and nursing students. This bundle covers the major anatomical regions: Upper Limb, Lower Limb, Head & Neck, and Thorax-Abdomen-Pelvis. Each book utilizes visually rich mind maps to simplify complex topics, aiding in rapid revision and improved retention of anatomical concepts. The bundle also includes QR codes for accessing supplementary digital content.



Image 1.1: The complete Anatomy Mind Maps Bundle, illustrating the four core books.

2. BUNDLE CONTENTS

This bundle includes four distinct books, each focusing on a specific anatomical region:

- **Upper Limb Mind Maps:** Contains 72 mind maps covering the anatomy of the upper extremities.
- **Lower Limb Mind Maps:** Contains 79 mind maps covering the anatomy of the lower extremities.
- **Head and Neck Mind Maps:** Contains 185 mind maps dedicated to the complex anatomy of the head and neck region.
- **Abdomen, Thorax, and Pelvis Mind Maps:** Contains 161 mind maps covering the anatomy of the trunk.



Contents

72
mindmaps

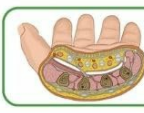
UPPER LIMB	
CONTENT	
2	Joints of the shoulder girdle
3	Shoulder joint
6	Proximal radioulnar joint
8	Distal radioulnar joint
9	Wrist joint (radiocarpal joint)
JOINTS	
	
MUSCLES	
13	Superficial muscles of the back
15	Pectoralis major
16	Pectoralis minor
17	Clavipectoral fascia
18	Quadrangular and triangular spaces
19	Axilla
20	Axillary lymph nodes
21	Deltoid
22	Serratus anterior
23	Biceps brachii
24	Brachialis
25	Coracobrachialis
26	Teres major
27	Supraspinatus
28	Infraspinatus
29	Teres Minor
30	Subscapularis
GLANDS	
10	Mammary glands
	
NERVES	
31	Triceps brachii
32	Cubital fossa
33	Superficial forearm flexors
35	Deep forearm flexors
37	Superficial forearm extensors
39	Deep forearm extensors
41	Anatomical snuff box
43	Flexor retinaculum
44	Extensor retinaculum
45	Thenar muscles
47	Hypothenar muscles
48	The lumbricals
49	Palmar interosseous muscles
50	Dorsal interosseous muscles
51	Fascial spaces of palm
53	Palmar aponeurosis
ARTERIES	
67	Axillary artery
68	Brachial artery
69	Radial artery
70	Ulnar artery
71	Superficial palmar arch
72	Deep palmar arch
VEINS	
73	Cephalic vein, Basilic vein and Median cubital vein
	
NERVES	
55	Brachial plexus
57	Erb's Palsy
58	Klumpke's palsy
59	Musculocutaneous nerve
60	Axillary nerve
61	Median nerve
63	Ulnar nerve
65	Radial nerve
	

Image 2.1: Example contents page for the Upper Limb Mind Maps, detailing topics and visual aids.



Contents

79
mindmaps

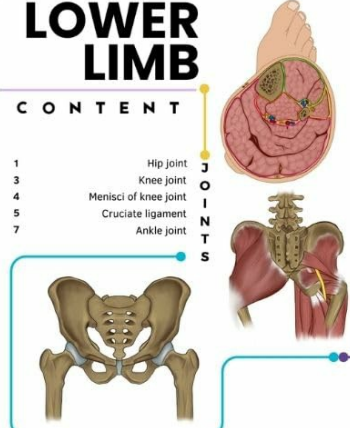
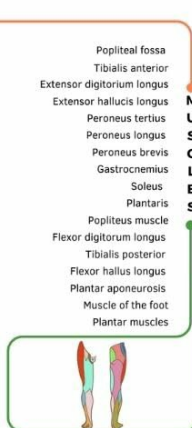
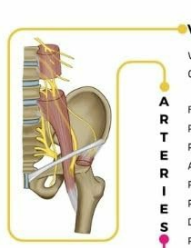
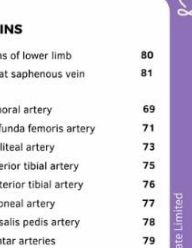
LOWER LIMB		
CONTENT		
1	Hip joint	J O I N T S
3	Knee joint	
4	Menisci of knee joint	
5	Cruciate ligament	
7	Ankle joint	
		
M U S C L E S		
9	Gluteus maximus	
11	Gluteus medius	
12	Gluteus minimus	
13	Piriformis	
14	Obturator and quadratus femoris	
15	Gemelli muscle	
17	Iliopsoas	
18	Sartorius	
19	Femoral triangle	
21	Quadriceps femoris	
23	Medial compartment of thigh	
25	Adductor magnus	
26	Adductor canal	
28	Tensor fascia latae	
29	Hamstrings - semimembranosus	
30	Hamstrings - Semitendinosus	
31	Hamstrings - Biceps femoris	
32	Popliteal fossa	
33	Tibialis anterior	
34	Extensor digitorum longus	
35	Extensor hallucis longus	
36	Peroneus tertius	
37	Peroneus longus	
38	Peroneus brevis	
39	Gastrocnemius	
40	Soleus	
41	Plantaris	
42	Popliteus muscle	
43	Flexor digitorum longus	
44	Tibialis posterior	
45	Flexor hallucis longus	
46	Plantar aponeurosis	
47	Muscle of the foot	
49	Plantar muscles	
		
VEINS		
80	Veins of lower limb	
81	Great saphenous vein	
		
A R T E R I E S		
69	Femoral artery	
71	Profunda femoris artery	
73	Popliteal artery	
75	Anterior tibial artery	
76	Posterior tibial artery	
77	Peroneal artery	
78	Dorsalis pedis artery	
79	Plantar arteries	
		
NERVES		
53	Lumbar plexus	
55	Sacral plexus	
57	Femoral nerve	
59	Obturator nerve	
61	Sciatic nerve	
63	Tibial nerve	
65	Common peroneal nerve	
67	Saphenous nerve	
68	Sural nerve	
		

Image 2.2: Example contents page for the Lower Limb Mind Maps, detailing topics and visual aids.



Contents

185
mindmaps

- 156 Zygomatic bone
- 158 First cervical vertebra
- 159 Second cervical vertebra
- 160 Typical cervical vertebra
- 161 Nasal concha 1
- 162 Nasal concha 2
- 163 Parasympathetic ganglia- Otic ganglion
- 164 Parasympathetic ganglia- Pterygopalatine ganglion
- 165 Parasympathetic ganglia- Ciliary ganglion
- 166 Parasympathetic ganglia- Submandibular ganglion
- 167 Pari

- 168 Microscopic structure of compact bone
- 169 Endochondral ossification
- 170 Intramembranous ossification
- 171 Bone cells
- 172 Pharyngeal pouches
- 173 Pharyngeal arches 1
- 174 Pharyngeal arches 2
- 175 Subclavian triangle
- 176 Suprasternal space of Burns
- 177 Zygomatic Arch
- 178 Superior orbital fissure
- 179 Styloid process
- 180 Eustachian tube
- 181 Mastoid process
- 182 External ear
- 183 Middle ear
- 185 Inner ear

CONTENTS

- 7 Layers of scalp 1
- 8 Layers of scalp 2
- 9 Nerve, Blood supply, Lymphatic drainage 1
- 10 Nerve, Blood supply, Lymphatic drainage 2
- 11 Deep facial vein
- 12 Muscle around the eye
- 13 Muscles of the nose

- 15 Muscles of the Upper lip 1
- 16 Muscles of the Upper lip 2
- 17 Orbicularis Oris
- 18 Buccinator
- 19 Platysma
- 20 Modiolus
- 21 Danger area of face
- 22 Sensory Nerve supply of Face
- 23 Facial Nerve 1

- 25 Chorda Tympani Nerve
- 26 Olfactory nerve
- 29 Optic nerve
- 31 Oculomotor nerve
- 34 Bell's Palsy
- 35 Facial Artery
- 36 Facial Vein
- 37 Deep cervical Fascia - Investing Layer
- 38 Deep cervical Fascia - Pretracheal Layer
- 39 Deep cervical Fascia - Prevertebral Fascia
- 40 Deep cervical Fascia - Buccopharyngeal Fascia

- 41 Deep cervical Fascia - Pterygomandibular Raphae
- 42 Deep cervical Fascia - Carotid Sheath
- 43 Cutaneous nerves of the neck
- 45 Midline Structures of the Neck 1
- 46 Midline Structures of the Neck 2
- 47 Sternocleidomastoid Muscle
- 48 Suprahyoid Muscle 1
- 49 Suprahyoid Muscle 2
- 50 Suprahyoid Muscle 3
- 51 Infrahyoid Muscle 1
- 52 Infrahyoid Muscle 2

- 53 Anterior triangle - Submental triangle
- 54 Anterior triangle - Muscular triangle
- 55 Anterior triangle - Digastric triangle
- 56 Anterior triangle - Carotid triangle
- 57 Anterior triangle - Ansa Cervicalis
- 58 Anterior triangle - Superficial cervical lymph nodes
- 59 Posterior triangle 1
- 60 Posterior triangle 2
- 61 Vertebral arteries
- 62 Suboccipital triangle
- 63 Arteries of the neck - Occipital artery
- 64 Arteries of the neck - External carotid artery

- 65 Maxillary artery 1
- 66 Maxillary artery 2
- 68 Veins of the neck- Anterior jugular vein
- 69 Veins of the neck- Internal jugular vein
- 70 Veins of the neck - External jugular vein
- 71 Lymphatic drainage of head and neck

- 73 Parotid gland 1
- 74 Parotid gland 2
- 75 Submandibular salivary gland 1
- 76 Submandibular salivary gland 2
- 77 Sublingual salivary gland 1
- 78 Sublingual salivary gland 2
- 79 Anatomy of Palate 1
- 80 Anatomy of Palate 2
- 81 Muscles of the Palate 1
- 82 Muscles of the Palate 2
- 83 Palatine tonsils 1
- 84 Palatine tonsils 2

- 85 Tongue 1
- 86 Tongue 2
- 87 Tongue 3
- 88 Tongue 4
- 89 Pharynx 1
- 90 Pharynx 2
- 91 Pharynx - Muscles 1
- 92 Pharynx - Muscles 2

- 93 Paranasal air sinuses 1
- 94 Paranasal air sinuses 2
- 95 Divisions of nasal cavity
- 96 Meatuses of the nasal cavity
- 97 Larynx-General feature of larynx
- 98 Cricoid cartilage
- 99 Epiglottis 1
- 100 Epiglottis 2



Contents

161
mindmaps

ABDOMEN AND PELVIS	
CONTENT	
67 Muscles of anterior abdominal wall	81 Duodenum
69 Rectus sheath	83 Jejunum
71 Muscles of posterior abdominal wall	85 Ileum
73 Inguinal canal	87 Caecum
75 Abdominal aorta	88 Vermiform appendix
78 Stomach	89 Colon
	91 Rectum
	93 Anal canal
	96 Ischioanal space
	97 Liver
	101 Extrabiliary apparatus
	103 Pancreas
	105 Pancreatic ducts
	107 Spleen
	109 Suprarenal gland
	111 Kidney
	115 Ureters
	117 Urinary bladder
	121 Peritonium
	123 Omentum
	125 Pelvic diaphragm
	126 Levator ani
	127 Urogenital diaphragm
	128 Perineal membrane
	129 Deep perineal pouch
	132 Pudendal nerve
	133 Internal iliac artery
	135 Superior gluteal artery
	136 Inferior gluteal artery
	138 Internal pudendal artery
	139 Obturator artery
	140 Uterine artery
	141 The prostate
	143 Testes
	145 Seminal vesicles
	147 Male urethra
	149 Female urethra
	151 Uterus
	157 Ovary
	159 Fallopian tube
	161 Vagina

Image 2.4: Example contents page for the Abdomen and Pelvis Mind Maps, detailing topics and visual aids.

3. HOW TO USE THE MIND MAPS

The Mind Maps are designed for efficient learning and revision. Follow these guidelines for optimal use:

1. **Identify Your Study Area:** Select the specific anatomical region you wish to study from the four books.
2. **Review the Mind Map:** Each mind map presents a topic visually, connecting concepts, structures, and clinical correlations. Begin by reviewing the central topic and then follow the branches to understand the interconnected information.
3. **Utilize Visual Cues:** Pay attention to color-coding, diagrams, and flowcharts, which are integrated to enhance understanding and recall.
4. **Engage with Digital Content:** Scan the provided QR codes within the books to access supplementary digital resources, including additional explanations, videos, or interactive quizzes on the App Store, Play Store, and YouTube.
5. **Rapid Revision:** Use the mind maps for quick reviews before exams or viva voce. The structured format allows for

efficient recall of key information.

6. **Exam Preparation:** Specific "NEET exam pointers" are included to highlight high-yield information relevant for competitive examinations.

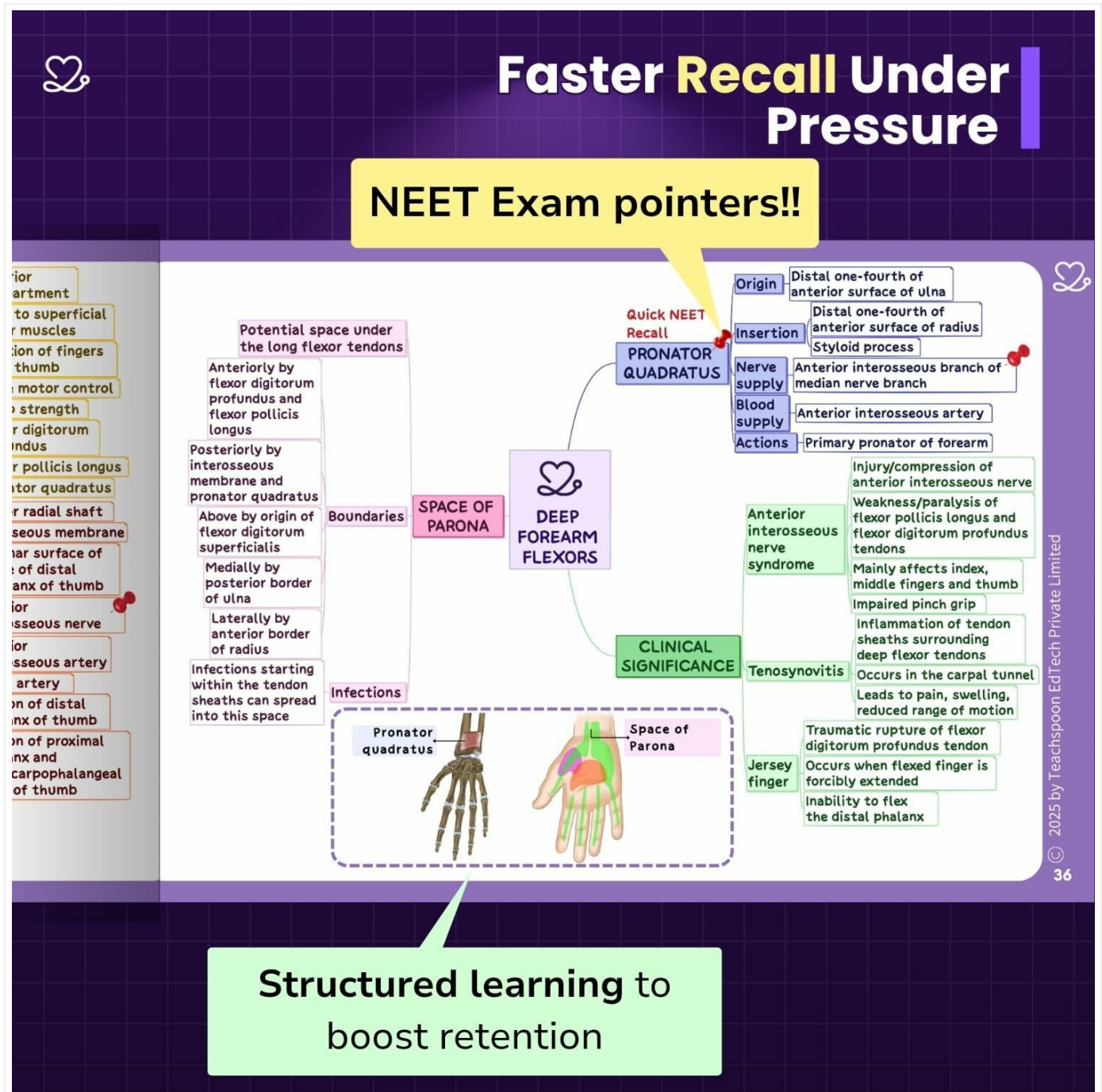


Image 3.1: An example mind map demonstrating structured learning and exam pointers for faster recall.



Image 3.2: Illustration of color-coded mind maps, visual hierarchy, and flowcharts for efficient revision.

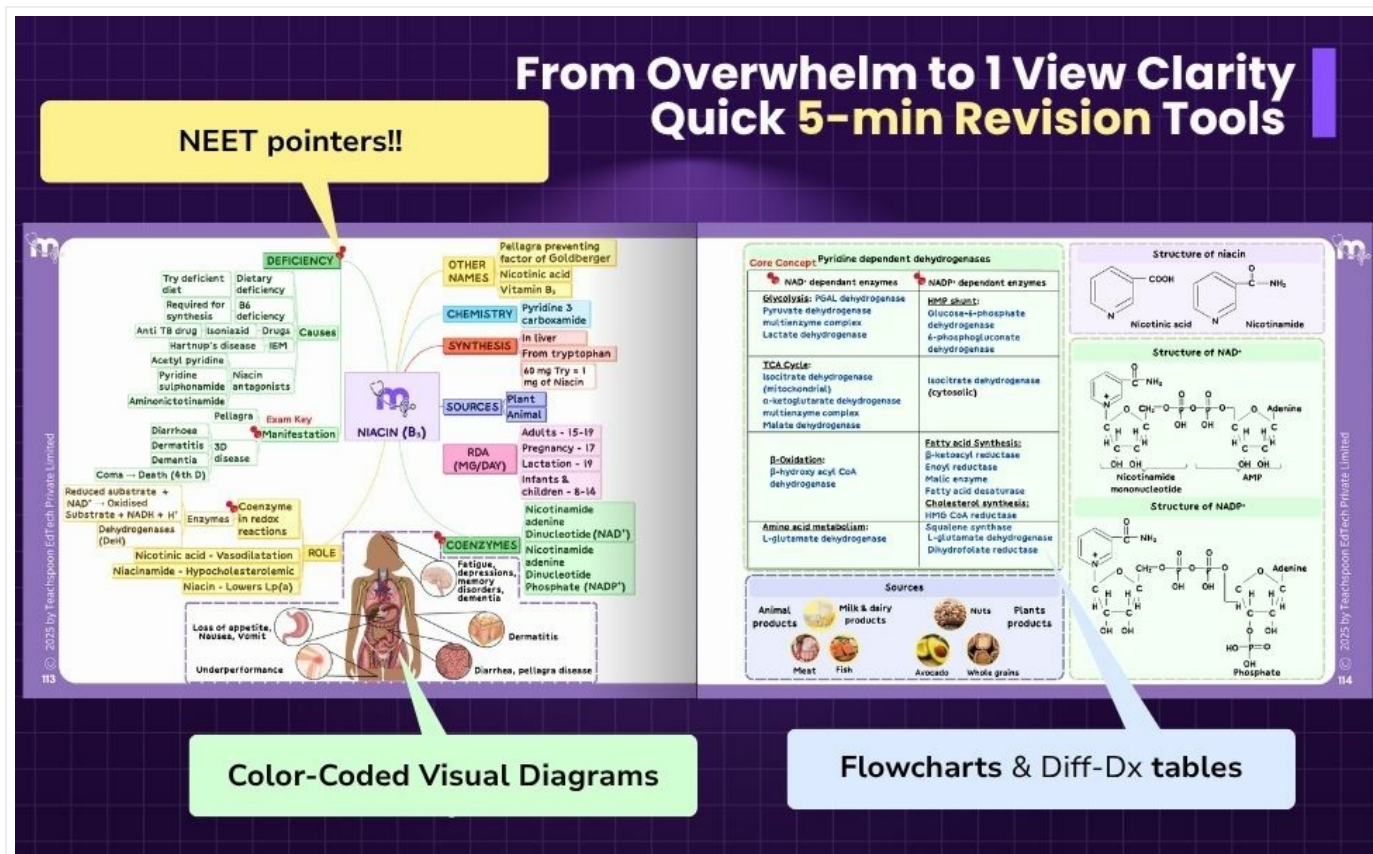


Image 3.3: Examples of color-coded visual diagrams and flowcharts designed for quick 5-minute revision.

Flowcharts & diff-dx tables + mnemonics for rapid pattern recognition

Mnemonics

D Diarrhea,
U Urination,
M Miosis,
B Bronchospasm,
B Bradycardia,
E Emesis,
L Lacrimation,
S Salivation



Flowcharts & Diff-Dx tables

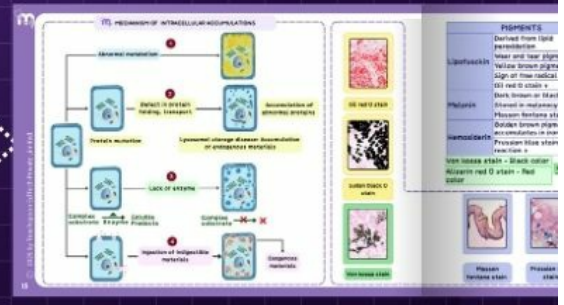
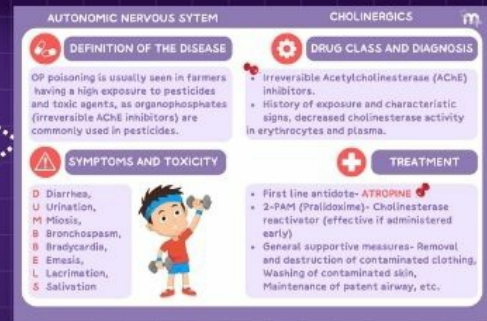
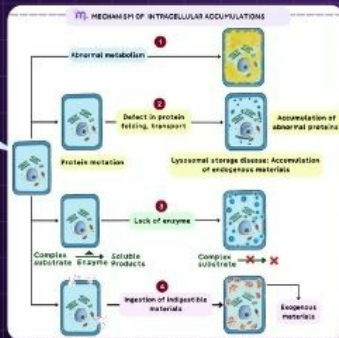


Image 3.4: Examples of flowcharts, differential diagnosis tables, and mnemonics for rapid pattern recognition.

4. KEY FEATURES AND BENEFITS

- **Quick Revision Tool:** Designed for 5-minute revisions, enabling efficient study sessions.
- **Effective Study Methodology:** Utilizes a scientifically proven study method through mind maps.
- **Curriculum Alignment:** Content is aligned with Competency-Based Medical Education (CBME) guidelines.
- **Visual Learning Aids:** Features colorful illustrations, flowcharts, and diagrams to enhance understanding and memory.
- **Exam Preparation Support:** Includes specific pointers for competitive exams like NEET.
- **Structured Learning:** Organized content promotes better retention and recall under pressure.
- **Digital Integration:** QR codes provide access to additional digital content for a comprehensive learning experience.

Mind Maps vs. Traditional Text Books	
MIND MAPS	TRADITIONAL TEXT BOOKS
✓ 5-minute mind map revision tool	✗ Require long hours of reading and Note-making
✓ Colorful illustrations for visual learning	✗ Text-heavy and difficult to visualize
✓ Structured layout for faster recall and NEET exam pointers	✗ Hard to recall under pressure
✓ Compact digital access - revise anywhere	✗ Bulky and time-consuming to carry
✓ Color-coded mind maps for easy pattern recognition	✗ No color coding or cues for memory
✓ Flowcharts and differential diagnosis tables for rapid pattern recognition	✗ Hard to spot key topics quickly

Image 4.1: Comparison illustrating the benefits of mind maps for learning and revision.

5. CARE AND MAINTENANCE

To ensure the longevity and usability of your Anatomy Mind Maps Bundle, please follow these care instructions:

- **Storage:** Store the books in a cool, dry place away from direct sunlight and moisture to prevent warping or damage to the pages.
- **Handling:** Handle the books with clean hands to avoid smudges and stains.
- **Protection:** Avoid bending the covers or pages excessively to maintain the book's structural integrity.
- **Cleaning:** If necessary, gently wipe the covers with a dry, soft cloth. Do not use liquid cleaners.

6. SPECIFICATIONS

Feature	Detail
Publisher	MEDI STUDY GO
Publication Date	31 July 2024
Format	Paperback
Total Pages	610 pages (across the bundle)
Item Weight	2 kg
Dimensions	29.5 x 1.5 x 21 cm
Country of Origin	India

Net Quantity	4 Piece (books)
Reading Age	15 years and up
Generic Name	Medical revision tool

7. ABOUT THE PUBLISHER

MEDI STUDY GO was established in 2019 and operates with the support of Startup India. The organization comprises a team of over 50 doctors dedicated to creating effective revision tools for medical and dental students. Their mission is to make learning simple, visual, and highly effective.

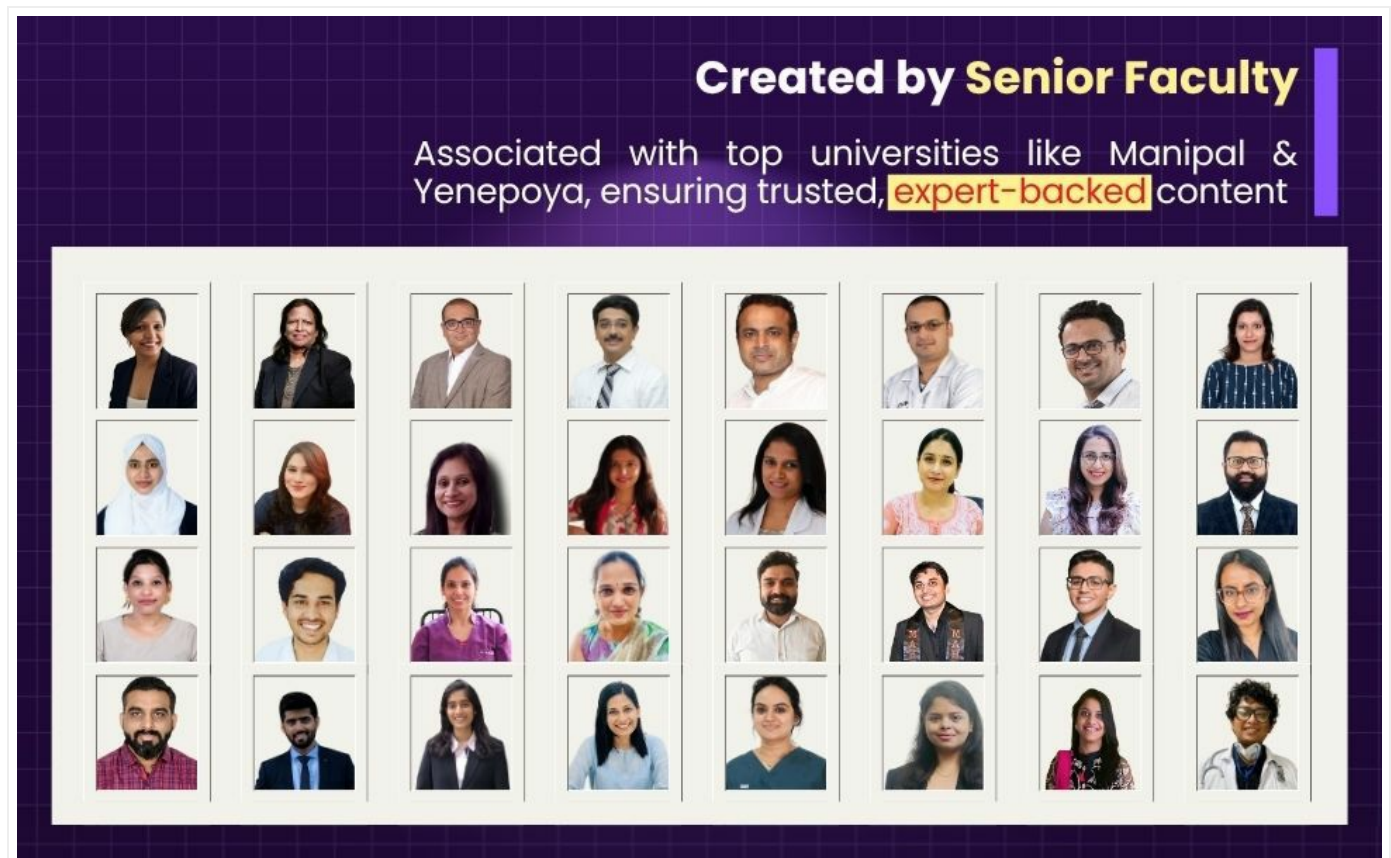


Image 7.1: The team of senior faculty members responsible for creating the Medi Study Go content.

Frequently Asked Questions (FAQs)

- **What makes these products unique?** The products are designed to simplify complex topics, offering a focused tool for smarter revision, addressing the challenge of extensive study material.
- **What is the motivation behind these products?** The creators, having been students themselves, understand exam stress. Their goal is to provide tools that build confidence and ease the learning process for students.

8. SUPPORT AND CONTACT INFORMATION

For any inquiries or support regarding the Anatomy Mind Maps Bundle, please refer to the publisher, MEDI STUDY GO. Contact information may be available through their official website or the platform where the product was purchased.

Publisher: MEDI STUDY GO

Address: 3rd Floor, Worklabco, Kumar Plaza, Air India Rd, Kolivery Village, Vidya Nagari, Kalina, Santacruz East, Mumbai, Maharashtra 400098, India

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question