

# PRE-CLINICAL GUIDE TO ANATOMY



ADELAIDE MEDICAL  
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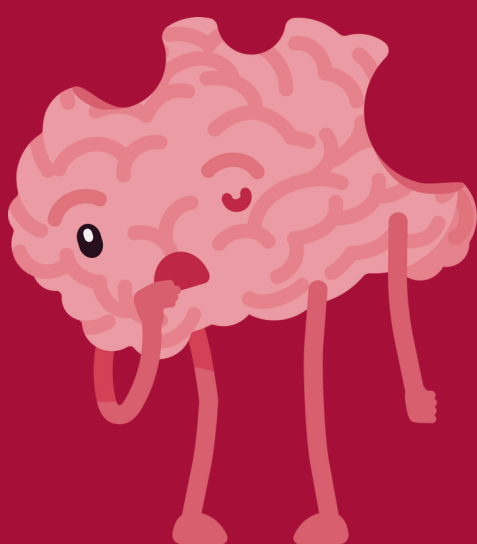
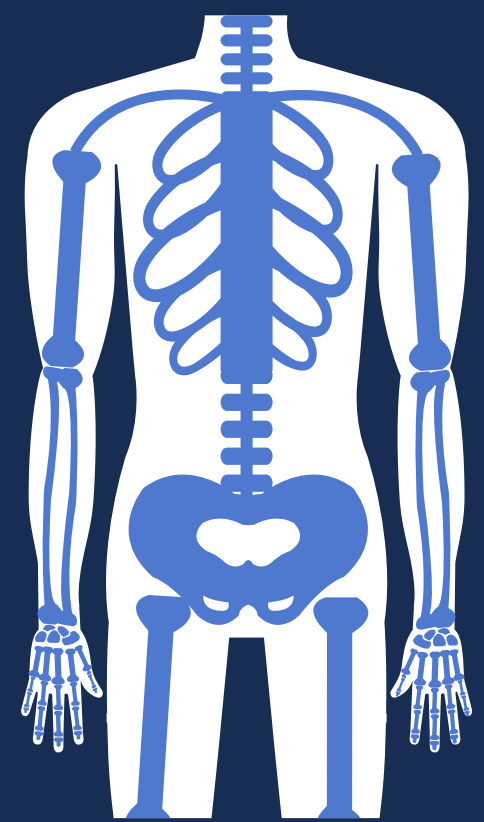
# PRE-CLINICAL GUIDE TO ANATOMY



The aim of this guide is to help **make anatomy as easy as possible** by suggesting methods of learning and common resources.

## METHODS OF LEARNING

1. Anatomy is hard! There is a lot of **rote learning** that only gets easier with **repetition**.
2. Starting with **easier resources** to learn the general structure before reading through more sophisticated textbooks helps ease the transition and allows for repetition.

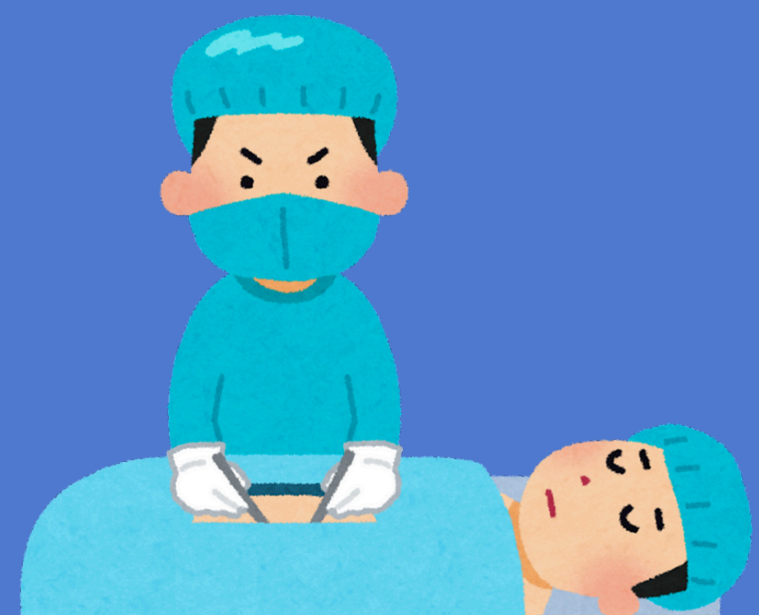


## REMEMBER

- Anatomy takes **time and repetition**. Don't be **disheartened** if it doesn't click straightaway.
- Sophisticated books are all text and difficult to visualise.

## AS A SURGICAL BOSS ONCE SAID...

“You learn anatomy three times. Once in med school, once for your surgical primaries and then once on the job. Only when you are seeing and applying anatomy daily does it really stick.”





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1

**Use the LT** and any worksheets provided by the University as your framework. These resources cover the most examinable content.

**Don't just doom scroll the LT...** use this resource to make Anki flashcards, write notes, read alongside a textbook etc.

Use other resources to supplement the LT to make sure you hit all the examinable topics:

1. **Moore's Clinically Applied Anatomy**
2. **Teach me Anatomy**
3. **KenHub**

2

3

**Rock up to anatomy class prepared!**

- Complete the pre-reading before anatomy tutorials.
- They will be significantly more high yield if you have read up on what is being taught beforehand.
- Use these sessions to consolidate textbook learning.

## Last Tips

*On-the-go resources for when you need information fast (cramming before anatomy tutorials...)*

### Teach Me Anatomy

- Annotated visuals which are super helpful.
- Easy to understand. Perfect for introductory level.

### Statpearls (See Next Page)

- Search [####] Statpearl NCBI on Google for peer-reviewed overviews.

4

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## STATPEARLS



StatPearls [Internet].

▸ [Show details](#)

Search this book

### Anatomy, Abdomen and Pelvis: Inguinal Region (Inguinal Canal)

Faiz Tuma; Richard A. Lopez; Matthew Varacallo.

▸ [Author Information and Affiliations](#)

Last Update: July 24, 2023.

ould look like this

#### Introduction

Go to: ☒

## OH... SO YOU WANT TO BECOME A SURGEON?

If you have a strong interest in anatomy or are considering a future in surgery, use **Last's Anatomy**. It's heavily text-based (~90%) and can be challenging to read, but it offers an in-depth, clinically focused understanding of human anatomy.

Best suited for those who want to go beyond the basics and start familiarising themselves with examinable content used in surgical training.



USEFUL LINK!

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