Qiuwei Yang

Murmurs: Stories from Our Journey in Medicine
Episode 1: Budgeting
Poem by Qiuwei Yang

Budgeting

Total hours in a day 24
Multiply by 7 168
Hours of class a day 3-7, really fluctuates
Multiply by 7 average 18
Hours left 150

22 intrinsic muscles of the foot
The extensors and the flexors and the abductors and interossei
18 muscles of the leg

The tibialis: anterior and posterior
The fibularis: longus, brevis, tertius

Exams 5 hours, but average once every two weeks
Clinical experience 3 hours, but only once every two weeks
Extracurriculars maybe 3? Maybe 1?
Hours left 112, seems like a lot

15 muscles of the thigh
The adductors and iliopsoas and sartorius
The quadriceps femoris, the semimembranosus, the semitendinosus, the biceps femoris
9 muscles in the gluteal region
The gluteus, the obturators, the gemellus superior and inferior

Hours of sleep a day 7 in order to function
Multiply by 7 49
Hours left 57

7 tarsals of the foot: calcaneus, a talus, a navicular and cuboid
3 cuneiforms, 5 metatarsals, and 14 phalanges

Hours cooking 1 hour every 3 days
Hours eating a day 1.5, but does it count if I multitask?
Multiply by 7 10.5
Hours left 43

Three major joints in the lower limb: hip, knee, ankle
Acetabulum and femur, femur and tibia, tibia and fibula and talus

© Qiuwei Yang
What are the ligaments for each?

Errands 2 hours a week
Hours left 31
One external iliac that turns into the femoral that turns into the popliteal
That spits into the anterior tibial and the posterior tibial

Long distance relationship 10 hours a week in Skype credits
Hours left 17

One lumbar plexus that forms
The femoral, the lateral femoral cutaneous, the lumbosacral trunk
One sacral plexus that forms
The sciatic, the gluteals, the posterior femoral cutaneous

Being human 7 hours a week
Hours left