

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

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 splits 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