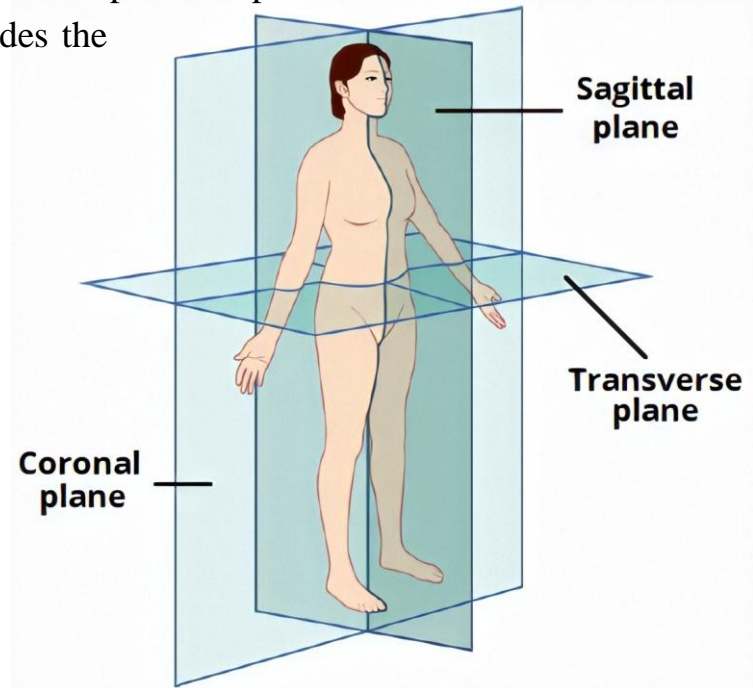


ANATOMY

the study of the structure of body parts and their relationships to one another.

BODY PLANES:

- Sagittal – divides the body into right and left parts.
- Frontal or coronal – divides the body into anterior and posterior parts.
- Transverse or horizontal (cross section) – divides the body into superior and inferior parts.

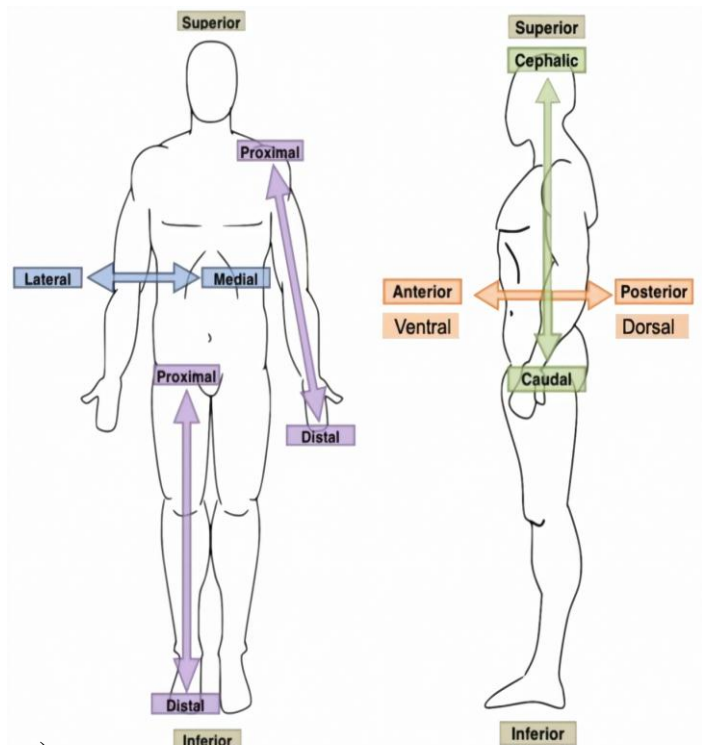


ANATOMICAL POSITION:

- Body erect.
- Feet slightly apart.
- Palms facing forward.
- Thumbs point away from body.

DIRECTIONAL TERMS AND RELATIONS:

- Anterior In front of or front
- Posterior In behind of or behind
- Ventral Towards the front of the body
- Dorsal Towards the back of the body
- Distal Away or farthest away from the trunk or the point of origin of the body part
- Proximal Closer or towards the trunk or the point of origin of the body part
- Median Midline of the body
- Medial Towards the median
- Lateral Away from median
- Superior Towards the top of the head
- Inferior Towards the feet
- Cranial Towards the head
- Caudal Towards the tail
- External Towards the surface, superficial
- Internal Away from the surface, deep
- Superficial Nearer to the surface
- Deep Farther from the surface
- Palmar Anterior hand or palm of hand (palmar)
- Dorsal (of hand) Posterior surface of hand (dorsum)

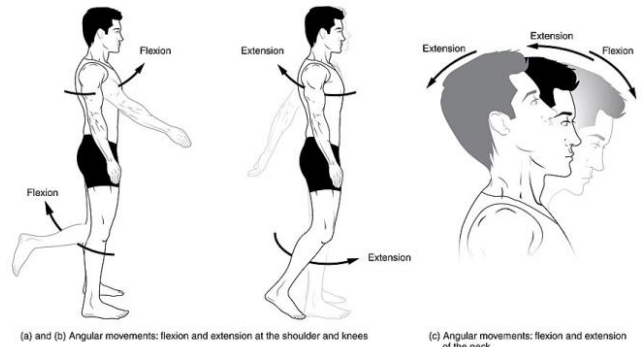


- Plantar Inferior surface of foot (sole)
- Dorsal (of foot) Superior surface of foot (dorsum)

TERMS RELATED TO MOVEMENTS:

Flexion describes a bending movement that decreases the angle between a segment and its proximal segment.

Extension is the opposite of flexion, describing a straightening movement that increases the angle between body parts.



Abduction is a motion that pulls a structure or part away from the midline of the body.

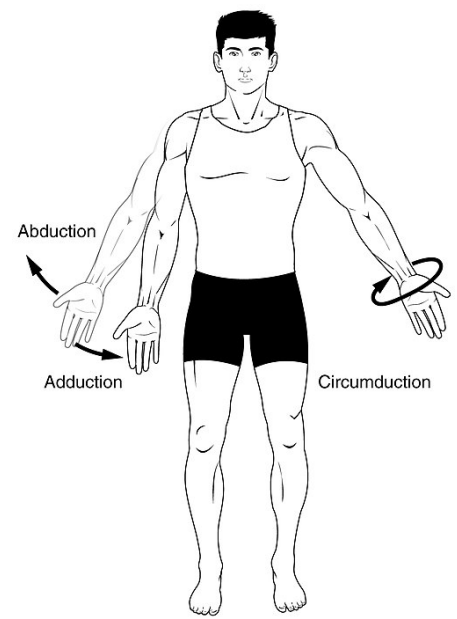
Adduction is a motion that pulls a structure or part towards the midline of the body, or towards the midline of a limb.

Dorsiflexion and plantar flexion refer to extension or flexion of the foot at the ankle.

Pronation and supination refer generally to the prone (facing down) or supine (facing up) positions.

Inversion and eversion refer to movements that tilt the sole of the foot away from (eversion) or towards (inversion) the midline of the body.

Opposition is the movement that involves grasping of the thumb and fingers.



(f)

