

ANATOMICAL TERMS, MOVEMENTS & POSITIONS

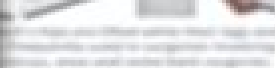
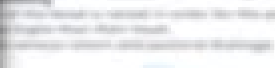
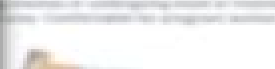
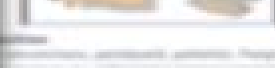
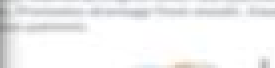
Nursing Fundamentals

TERMS OF POSITION



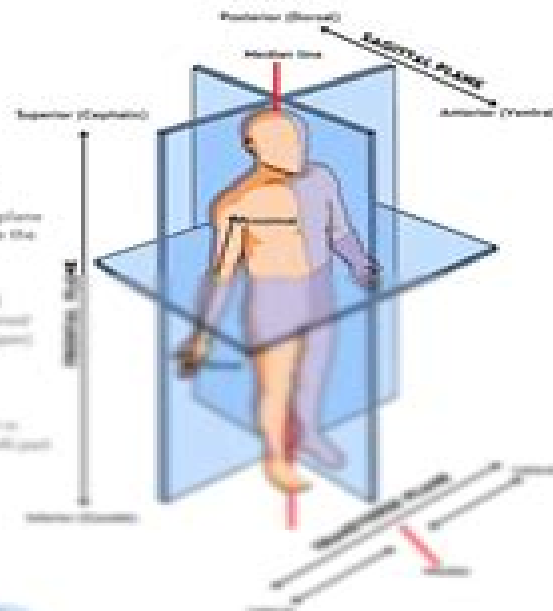
Supine position (Dorsal)

Small shoulders elevated with pillows. All effluents or pillows or placed by the head include elevation of lumbar and thoracic vertebrae to the elevation.



ANATOMICAL TERMS

Anatomical position: stands by the side, palms facing forward. The purpose of standard anatomical position is to be able to clearly talk about different parts of moving organisms no matter how they are moving or what position they are in. This makes it easier to avoid confusion when discussing anatomy.



ANATOMICAL PLANES

Frontal (Coronal) plane: The plane that is sectioned to differentiate the front of the body to the back.

Transverse (Horizontal, Axial) plane: The plane that is sectioned to differentiate the superior (upper) part of the body to the inferior (lower).

Sagittal plane: The plane that is sectioned to differentiate the left part of the body to the right.

DIRECTIONAL TERMS

Superior: Lying above the other structure. May have to do with the inferior position.

Inferior: Lying below the other structure. May have to do with the superior position.

Medial: Lying closer to the midline. May have to do with the lateral position.

Lateral: Lying further from the midline. May have to do with the medial position.

Superior (Caudal): Above.

Inferior (Cranial): Below.

Medial line: The midline of the body.

MOVEMENT

Flexion: Bending the joint in the sagittal plane. The angle between the bones is less than 180 degrees.

Extension: Straightening the joint in the sagittal plane. The angle between the bones is more than 180 degrees.

Abduction: Moving away from the midline of the body. The angle is more than 90 degrees.

Adduction: Moving toward the midline of the body. The angle is less than 90 degrees.

Rotation: Turning the body around its own axis.

Supination: Turning the palm of the hand upward.

Pronation: Turning the palm of the hand downward.

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Anatomical Position Review Sheet

**Kevin T. Patton, Frank B. Bell, Terry
Thompson, Peggie L. Williamson**

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