

ANATOMICAL TERMS, MOVEMENTS & POSITIONS

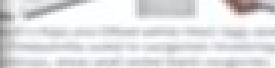
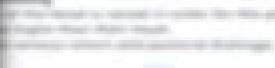
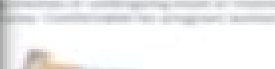
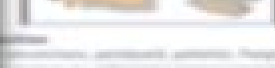
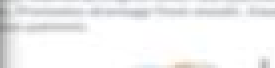
Nursing Fundamentals

TERMS OF POSITION



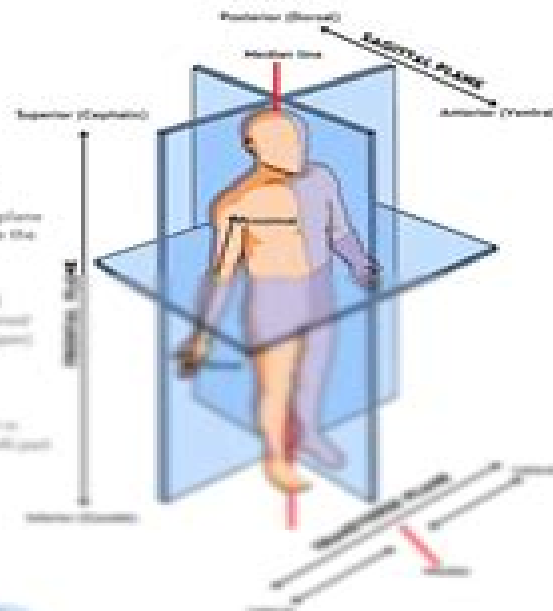
Supine position (Dorsal)

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 or towards the head. May have to do with the inferior position.

Inferior: Lying below the other or towards the feet. 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 of a joint. The angle between the bones is decreased.

Extension: Straightening of a joint. The angle between the bones is increased.

Abduction: Moving away from the midline of the body.

Adduction: Moving toward the midline of the body.

Rotation: Turning of a body part around its own axis.

Supination: Turning of the palm of the hand toward the front.

Pronation: Turning of the palm of the hand toward the back.

Hyperextension: Bending of a joint beyond its normal range of motion.

Flexion and extension: Opposite movements of a joint.

Abduction and adduction: Opposite movements of a limb.

Rotation: Movement of a body part around its own axis.

Supination and pronation: Opposite movements of the forearm.

Hyperextension: Bending of a joint beyond its normal range of motion.

Flexion and extension: Opposite movements of a joint.

Abduction and adduction: Opposite movements of a limb.

Anatomical Position Review Sheet

Linda Lindsay

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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