

ANATOMICAL TERMS, MOVEMENTS & POSITIONS

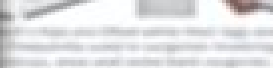
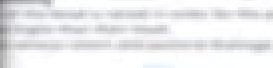
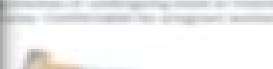
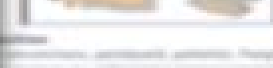
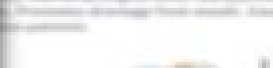
Nursing Fundamentals

TERMS OF POSITION



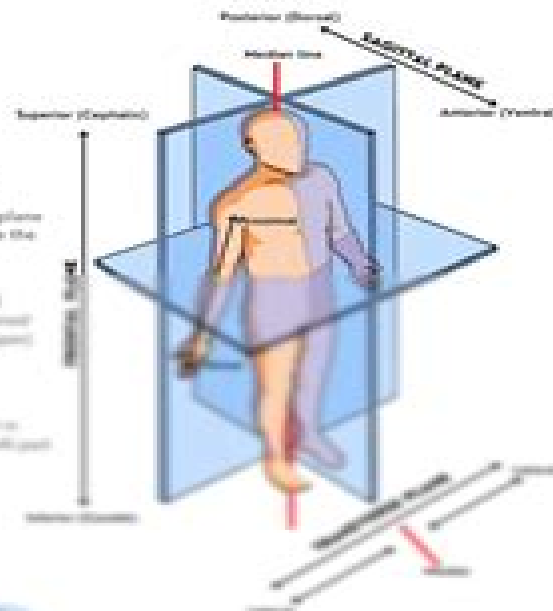
Supine position (Dorsal)

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 the limb away from the midline of the body.

Adduction: Moving the limb toward the midline of the body.

Rotation: Turning the body around its own axis.

Supination: Turning the palm of the hand upward.

Pronation: Turning the palm of the hand downward.

Flexion: Bending the joint in the sagittal plane.

Extension: Straightening the joint in the sagittal plane.

Abduction: Moving the limb away from the midline of the body.

Adduction: Moving the limb toward the midline of the body.

Rotation: Turning the body around its own axis.

Supination: Turning the palm of the hand upward.

Pronation: Turning the palm of the hand downward.

Flexion: Bending the joint in the sagittal plane.

Anatomical Position Review Sheet

Ann Morris

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

Anatomical Position Review Sheet:

Decoding **Anatomical Position Review Sheet**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Anatomical Position Review Sheet**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents Anatomical Position Review Sheet

1. Understanding the eBook Anatomical Position Review Sheet
 - The Rise of Digital Reading Anatomical Position Review Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Anatomical Position Review Sheet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anatomical Position Review Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anatomical Position Review Sheet
 - Personalized Recommendations
 - Anatomical Position Review Sheet User Reviews and Ratings
 - Anatomical Position Review Sheet and Bestseller Lists

5. Accessing Anatomical Position Review Sheet Free and Paid eBooks
 - Anatomical Position Review Sheet Public Domain eBooks
 - Anatomical Position Review Sheet eBook Subscription Services
 - Anatomical Position Review Sheet Budget-Friendly Options
6. Navigating Anatomical Position Review Sheet eBook Formats
 - ePub, PDF, MOBI, and More
 - Anatomical Position Review Sheet Compatibility with Devices
 - Anatomical Position Review Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anatomical Position Review Sheet
 - Highlighting and Note-Taking Anatomical Position Review Sheet
 - Interactive Elements Anatomical Position Review Sheet
8. Staying Engaged with Anatomical Position Review Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Anatomical Position Review Sheet
9. Balancing eBooks and Physical Books Anatomical Position Review Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anatomical Position Review Sheet
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Anatomical Position Review Sheet
 - Setting Reading Goals Anatomical Position Review Sheet
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Anatomical Position Review Sheet
 - Fact-Checking eBook Content of Anatomical Position Review Sheet
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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