

MODULE 4: ANATOMICAL POSITIONS & DIRECTIONAL TERMS & PLANES, AXES, MOVEMENTS

ANATOMICAL POSITION

DIRECTIONAL TERMS:

ANTERIOR

POSTERIOR

SUPERIOR

INFERIOR

LATERAL

MEDIAL

PROXIMAL

DISTAL

SUPERFICIAL

DEEP

VENTRAL

DORSAL

PLANES: (3)

SAGITTAL

CORONAL

TRANSVERSE

used to describe relative location of body parts

- BODY IS UPRIGHT (UPPER/LIMBS)
- ARMS BY THE SIDE
- PALMS FACING ANTERIORLY (FORWARD)
- LEGS STRAIGHT

→ TOWARD the **FRONT**

→ TOWARD the **BACK**

→ HIGHER = **ABOVE** (on top of / towards head)

→ LOWER or **BELOW** (away from the head)

→ AWAY from the **MIDLINE** of the body

→ TOWARD the **MIDLINE**

→ CLOSER to the **TRUNK** (body part)

→ FARTHER from the **TRUNK**

→ AT or **NEAR** the **SURFACE** of the body

→ FARTHER from the **SURFACE**

→ ON the **FRONT** (usually ventral)

→ ON the **BACK**

→ **cardinal planes** • PERPENDICULAR TO ONE ANOTHER

• POINT OF INTERSECTION? CENTER OF BODY

→ LEFT + RIGHT PARTS

MOVEMENT: FLEXION & EXTENSION

AXIS: LATERAL TO MEDIAL

→ ANTERIOR + POSTERIOR PARTS

MOVEMENT: LATERAL FLEXION, ABDUCTION, ADDUCTION

AXIS: ANTERIOR TO POSTERIOR

→ SUPERIOR + INFERIOR PARTS

MOVEMENT: ROTATION

AXIS: SUPERIOR TO INFERIOR

AXES of ROTATION (3)

TRANSVERSE AXIS
ANTEROPOSTERIOR AXIS
LONGITUDINAL AXIS

REVIEW →

1. If I'm in defense mode on basketball, in what plane, axis, and movement am I in?
2. When tennis goes for a dunk, in what plane, axis, and movement is he in?
3. What is the anatomical position?

IMAGINARY POINT OF REFERENCE IN WHICH MOTION MAY OCCUR

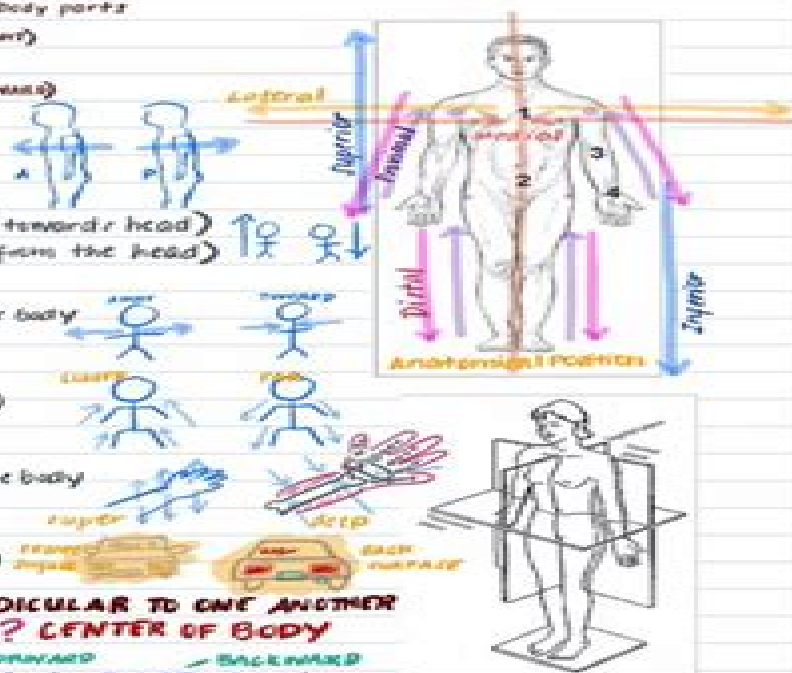
- passes through front SIDE-TO-SIDE
- passes through front FRONT = BACK
- passes through front TOP = BOTTOM

PLANE	AXIS	MOVEMENT
COR	A-P	Rot. part of body trying
SAG	L-M	flexion & extension
TRANS	S-I	flexion & extension

1. Coronal plane, anteroposterior axis, and moving side-to-side (abduction & adduction)
2. Sagittal plane, lateral to medial axis, and movement in flexion and extension
3. It is when one is standing erect with the arms on the side and palms of the hands are facing anteriorly.

SUMMARY:

A frame of reference in terms of anatomical position, directional terms, planes, and axes of movement for human anatomy and physiology. These terms are necessary for clear and consistent communication between healthcare providers.



Anatomical Terminology Study Guide Answers

Linda Swisher, Kevin T. Patton



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