Cheatography

General Anatomy (Anatomical Nomenclature) Cheat Sheet

by Dr Dawood (MDG2006) via cheatography.com/169576/cs/35516/

Anatomical Position

Stand erect & eyes looking forward
Upper limbs hanging by side with palms of hand forwards
Feet together with toes pointing forwards

Planes of Body

Median	Divides body equally into left & right parts (aka midsagittal)
Sagittal	Parallel to median plane (aka parasagittal or paramedian)
Coronal	Vertical side-to-side plane perpendicular to median plane (aka frontal)
Transverse	Divides body into upper & lower sections (aka horizo-ntal)

Anatomical Terms for Position

Anterior	Towards or at front of body
Posterior	Towards or at back of body
Medial	Towards median plane
Lateral	Away from median plane
Superior	Towards top of head
Inferior	Towards the sole of feet
Proximal	Towards the origin of a structure
Distal	Away from the origin of a structure
Palmar	Towards the palms of hand
Plantar	Towards the soles of feet
Internal	Near to body's interior
External	Away from body's interior
Distal	Towards the back (explained after)
Proximal	Towards the belly (explained after)
Cranial	Towards the head end (similar to cephalic)

Anatomical Terms for Position (cont)

Caudal	Towards the tail (explained after)

Explanation of Dorsal & Ventral

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