

General Anatomy (Anatomical Nomenclature) Cheat Sheet by Dr Dawood (MDG2006) via cheatography.com/169576/cs/35516/

Anatomical Position

Planes of Body

Stand erect & eyes looking forward

Upper limbs hanging by side with palms of hand forwards

Feet together with toes pointing forwards

Anatomical Terms for Position (cont)

Caudal Towards the tail (explained after)

Explanation of Dorsal & Ventral

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

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