

### 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 horizontal)

### 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

