## 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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