

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