

Chapter 5: The Human Body-Planes, Directional, and Movement Terms and Anatomical Positions

1. The superficial landmarks of the body that serve as guides to the structures that lie beneath them. A. Plantar
2. The position of reference in which the patient stands facing you, arms at the side, with the palms of the hands forward. B. Quadrants
3. An imaginary plane where the body is cut into front and back parts. C. Distal
4. An imaginary line where the body is cut into top and bottom parts. D. Ventral
5. An imaginary line where the body is cut into left and right parts. E. Sagittal (lateral) Plane
6. An imaginary vertical line drawn from the middle of the forehead through the nose and the umbilicus to the floor creating equal halves. F. Adduction
7. The part of the body or any body part nearer to the head. Used as a comparative term. G. Superficial
8. The part of the body or any body part nearer to the feet. Used as a comparative term. H. Midsagittal Plane (midline)
9. Parts of the body that lie further away from the midline. I. Anatomic Position
10. Parts of the body that lie closer to the midline. J. Coronal Plane
11. Parts of the body that are closer to the torso. Used as a comparative term for the extremities. K. Inferior
12. Parts of the body that are farther from the torso. Used as a comparative term for the extremities. L. Flexion
13. Closer to or on the skin. M. Deep
14. Farther inside the body and away from the skin. N. Superior
15. The anterior or belly side of the body. O. Transverse (axial) Plane
16. Posterior or spinal side of the body. P. Abduction
17. The front of the hand. Q. Proximal
18. The bottom of the foot. R. Palmar
19. The bending of a joint. S. Extension
20. The straightening of a joint. T. Medial (inner)

21. Motion toward the midline.

22. Motion away from the midline.

23. A body part that appears on both sides of the midline.

24. A body part that appears on only one side of the midline.

25. The sections of the abdominal cavity.

U. Bilateral

V. Dorsal

W. Topographic Anatomy

X. Lateral (outer)

Y. Unilateral