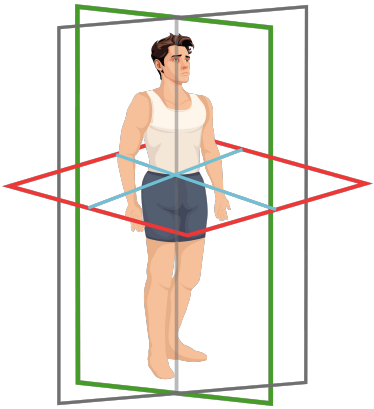


## CONCEPT: BODY PLANES AND DIRECTIONS

### Body Planes

- ◆ Imaginary \_\_\_\_\_ surfaces used to divide the body into \_\_\_\_ planes for anatomical reference and descriptions.
  - Person is always depicted in a *standard anatomical position*.
  - **Standard Anatomical Position:** Standing \_\_\_\_\_ with feet together, arms at sides and palms facing forward.

Standard Anatomical Position	Plane	Definition	Memory Tool
	Frontal	Divides into _____ and _____ positions.	Frontal: <b>Front</b> to back.
	Sagittal	Divides into _____ and _____ positions.	Sagittal: <b>Side</b> to side.
	Transverse (Axial)	Divides into _____ and _____ positions.	Transverse: <b>Top</b> to bottom.

### EXAMPLE

Which of the following pair of body parts are separated by the transverse plane?

- a) Brain and Spinal Cord
- b) Heart and Lungs
- c) Urinary Bladder and Cranium
- d) Left Kidney and Right Kidney

### PRACTICE

Which body plane divides the body into the anterior and posterior portions? (**Hint:** Remember the meaning of the prefixes ante- and post-.)

- a) Frontal
- b) Transverse
- c) Diagonal
- d) Sagittal

## CONCEPT: BODY PLANES AND DIRECTIONS

### Body Directions

◆ These terms are used to accurately describe the location of body parts in relation to one another and the body's position.

Standard Anatomical Position	Direction	Definition	Memory Tool
<p>Frontal View</p>	<b>Superior</b>	Towards the _____ or <i>above</i> another body part.	<b>Skull</b>
	<b>Inferior</b>	Towards the _____ or <i>below</i> another body part.	<b>Feet</b>
	<b>Posterior</b>	_____ the body.	
	<b>Anterior</b>	_____ the body.	<b>Antebellum</b>
	<b>Medial</b>	Towards the _____ of the body.	<b>Medium</b>
	<b>Lateral</b>	Away from the midline of the body.	<b>Later</b>
	<b>Distal</b>	_____ away from a body part.	<b>Distant</b>
	<b>Proximal</b>	_____ towards a body part.	<b>Proximity</b>

### EXAMPLE

Which body part is inferior to the human mouth?

- a) Ears                      b) Belly button                      c) Eyes                      d) Nose

### PRACTICE

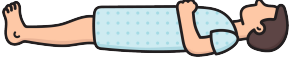



In relation to each other, the foot is \_\_\_\_\_ to the heart, and the hips are \_\_\_\_\_ to the heart.

- a) inferior; superior                      c) distal; proximal  
b) proximal; distal                      d) medial; medial

## CONCEPT: BODY PLANES AND DIRECTIONS

### Body Positions

- ◆ These terms are used to designate the \_\_\_\_\_ of the human body.
  - Primarily used in describing a patient's \_\_\_\_\_ during examinations and surgical procedures.

Anatomical Position	Definition	Memory Tool
 <b>Supine</b>	Body lying face _____.	 s____ine = Face up
 <b>Prone</b>	Body lying face _____.	

### EXAMPLE

Mr. Johnson is a 72-year-old patient who has been experiencing spinal instability and severe nerve compression resulting in continuous pain, weakness and numbness in his extremities. Physical therapy and various medications have proven to be unsuccessful. His surgeon recommends spinal fusion surgery. During the procedure what is the correct position for Mr. Johnson to have this surgery?

- a) Prone                      b) Supine                      c) Seated                      d) Distal

### PRACTICE

Which of the following body planes divides the body into superior and inferior portions?

- a) Oblique                      b) Sagittal                      c) Transverse                      d) Frontal

### PRACTICE

Which of the following statements is true when comparing two body parts?

- a) The diaphragm is inferior to the stomach.  
b) The thumb is proximal to the knee.  
c) The nose is posterior to the ears.  
d) The eyes are medial to the ears.