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. | **U.** Bilateral |
| **22.** Motion away from the midline. | **V.** Dorsal |
| **23.** A body part that appears on both sides of the midline. | **W.** Topographic Anatomy |
| **24.** A body part that appears on only one side of the midline. | **X.** Lateral (outer) |
| **25.** The sections of the abdominal cavity. | **Y.** Unilateral |