

Anatomical Terms Worksheet

I. Fill in the blank

1. The nose is (medial / lateral) to the ears.
2. The hand is (distal / proximal) to the elbow.
3. The knee is (distal / proximal) to the hip.
4. The chin is (superior / inferior) to the eyes.
5. The heart is (anterior / posterior) to the spine.
6. The pinky finger is (lateral / medial) to the thumb.
7. The shoulder is (proximal / distal) to the elbow.
8. The elbow is (proximal / distal) to the fingers.

II. Matching

Anterior	Caudal	Medial	Transverse
Posterior	Rostral	Lateral	
Inferior	Proximal	Sagittal/Midsagittal	
Superior	Distal	Coronal/Frontal	

1. _____ towards the midline of the body
2. _____ towards the front of the body
3. _____ plane that divides the body in front and back regions
4. _____ towards the tail
5. _____ away from the midline or towards the outside of the body
6. _____ towards or nearer to the trunk
7. _____ above
8. _____ plane that divides the body in upper and lower regions
9. _____ below
10. _____ towards the head
11. _____ plane that divides the body into right and left halves
12. _____ away from the trunk
13. _____ towards the back of the body