

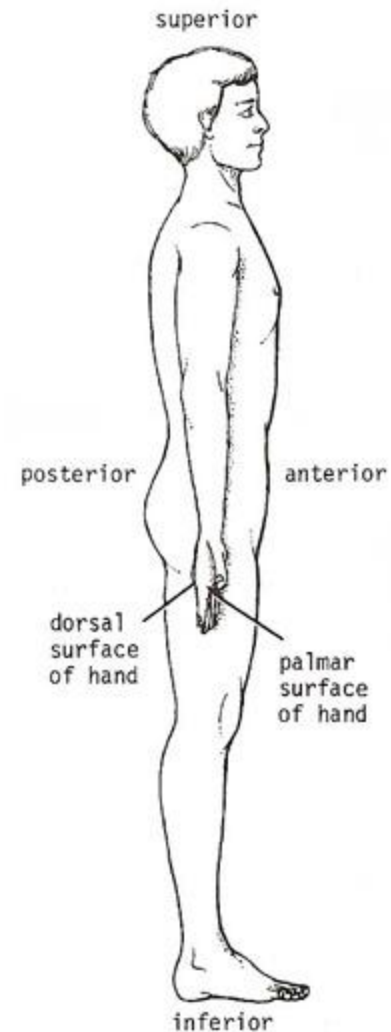
Directional Terms

Anatomical directional terms are like directions on a map. Like the directions, North, South, East, and West, they can be used to describe the locations of structures in relation to other structures or locations in the body.

Anatomical directional terms can also be applied to the planes of the body. Body planes are used to describe specific sections or regions of the body.

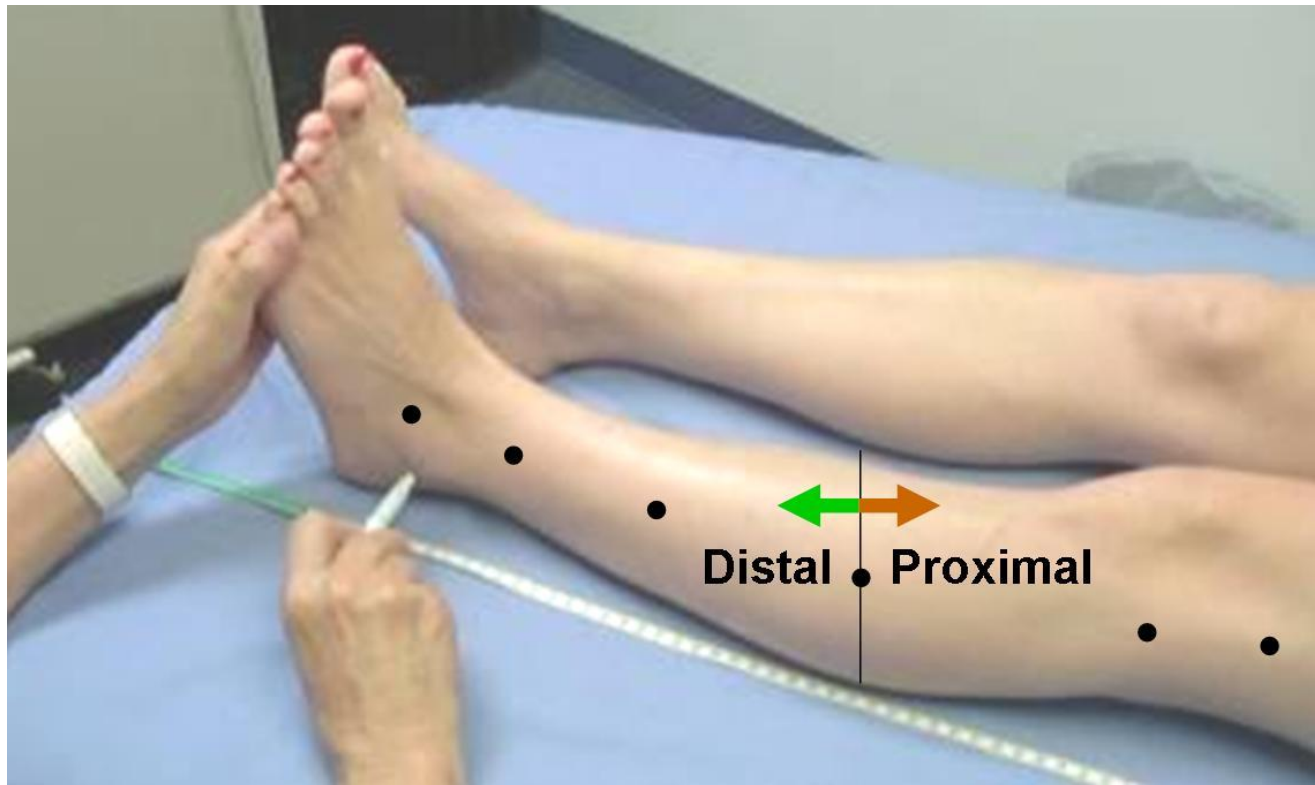
Anatomical Directional Terms

- Anterior: In front of, front
- Posterior: After, Behind, Following, Toward the Rear



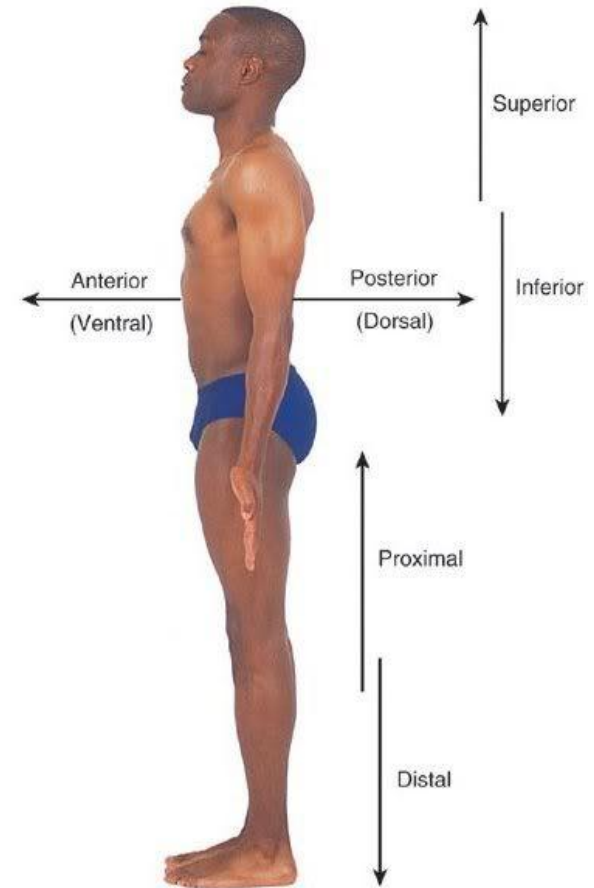
Anatomical Directional Terms

- Distal: Away from, Farther From the Origin
- Proximal: Near, Closer to the Origin



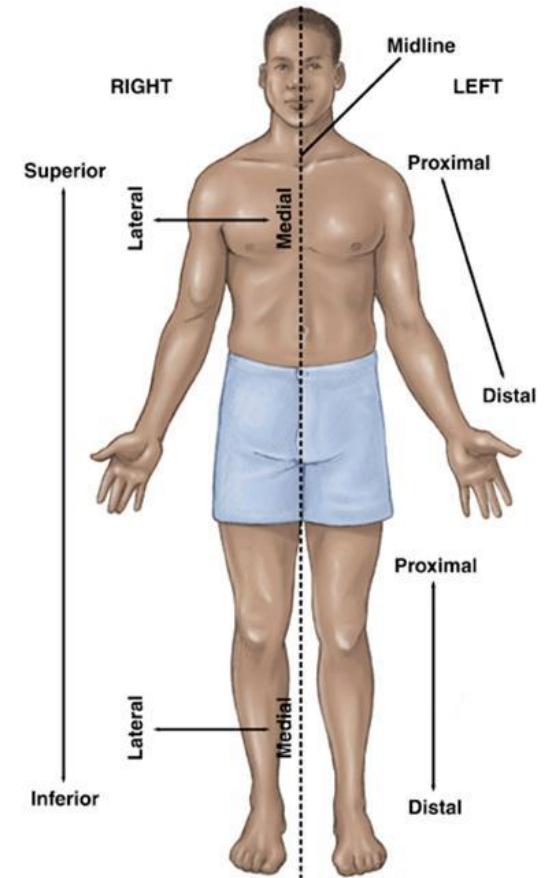
Anatomical Directional Terms

- Dorsal: Near the Upper surface, Toward the back
- Ventral: Toward the bottom, toward the belly



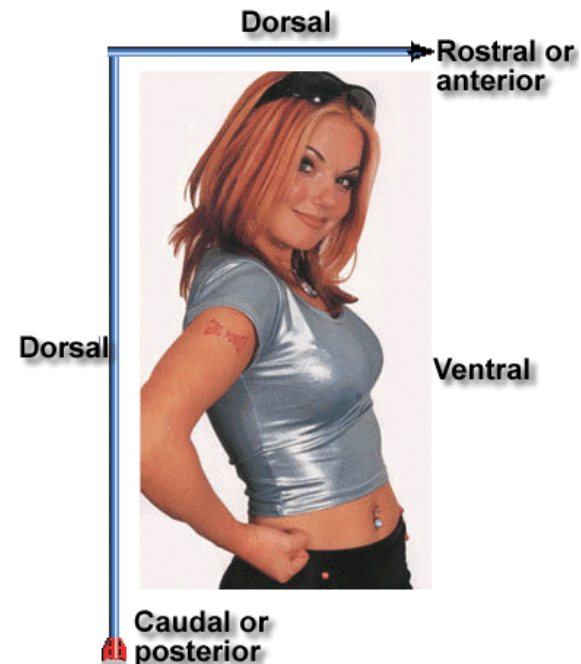
Anatomical Directional Terms

- Superior: Above, Over
- Inferior: Below, Under



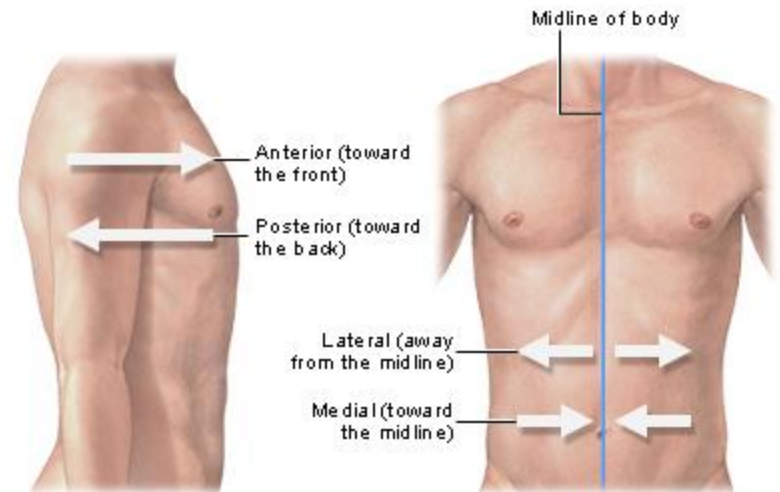
Anatomical Directional Terms

- Rostral: Toward the front
- Caudal: Toward the back, Toward the tail



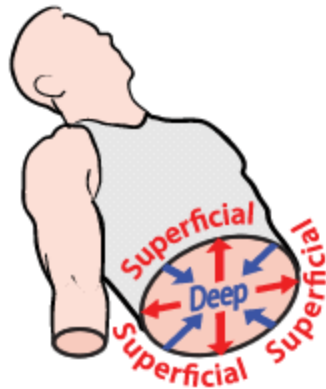
Anatomical Directional Terms

- Lateral: Toward the side, away from the mid-line
- Medial: Toward the mid-line, middle, away from the side



Anatomical Directional Terms

- Superficial: Toward the surface
- Deep: Inside the body away from the surface

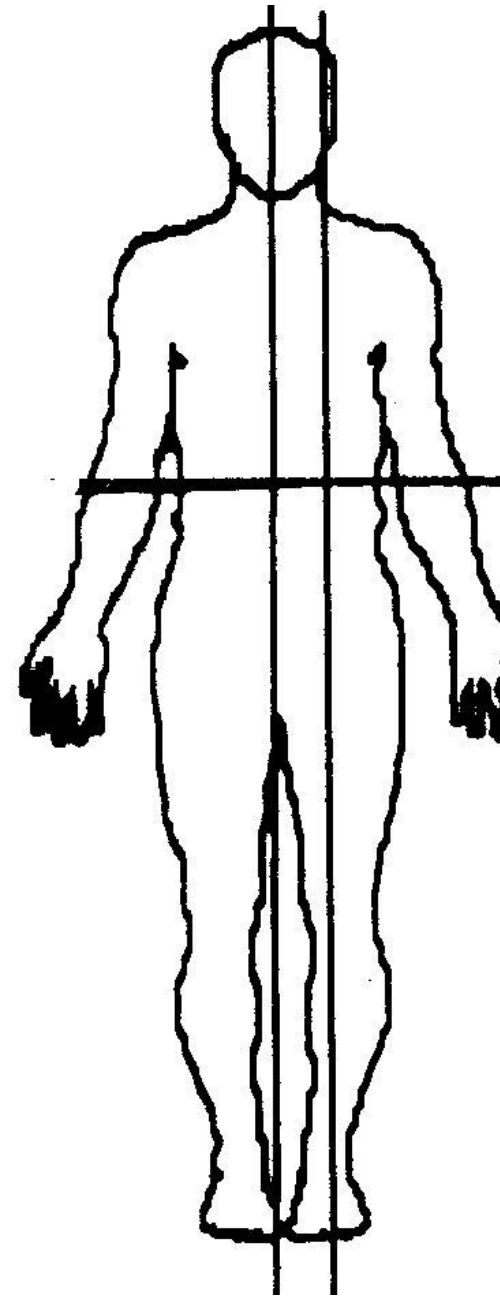


ANATOMICAL BODY PLANES

- Imagine a person standing in an upright position (feet forward, thumbs out). Now imagine dissecting this person with imaginary vertical and horizontal planes. Anatomical planes can be used to describe any body part or an entire body.

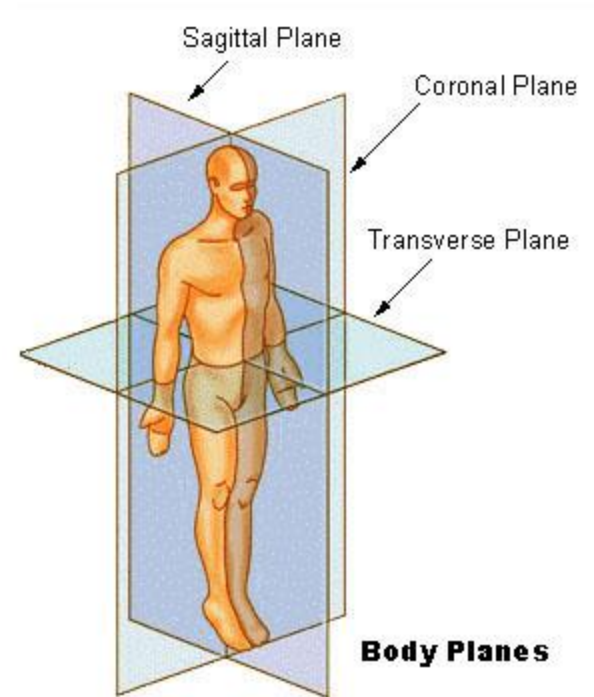
Anatomical Body Plan

- **Lateral Plane or Sagittal Plane:**
Imagine a vertical plane that runs through your body from front to back or back to front. This plane divides the body into right and left regions
 - **Median or Midsagittal Plane:**
Sagittal plane that divides the body into **equal** right and left regions
 - **Parasagittal Plane:** Sagittal plane that divides the body into **unequal** right and left regions.



Anatomical Body Planes

- **Frontal Plane or Coronal Plane:** Imagine a vertical plane that runs through the center of your body from side to side. This plane divides the body into front (anterior) and back (posterior) regions.
- **Transverse Plane:** Imagine a horizontal plane that runs through the midsection of your body. This plane divides the body into upper (superior) and lower (inferior) regions.



HUMAN BODY CAVITIES

- Dorsal body cavity - encloses the brain and spinal cord. The cranial cavity cushions and protects the brain within a rigid skull. The spinal cavity protects the spine with the vertebrae.
- Orbital cavity - eyes.
- Nasal cavity - nose structures.
- Buccal cavity - mouth, teeth, tongue.
- Thoracic cavity - encloses the heart and lungs; protected by the ribs.
- Abdominal cavity - encloses most of the digestive organs and kidneys.
- Pelvic cavity - encloses the bladder and reproductive organs.

