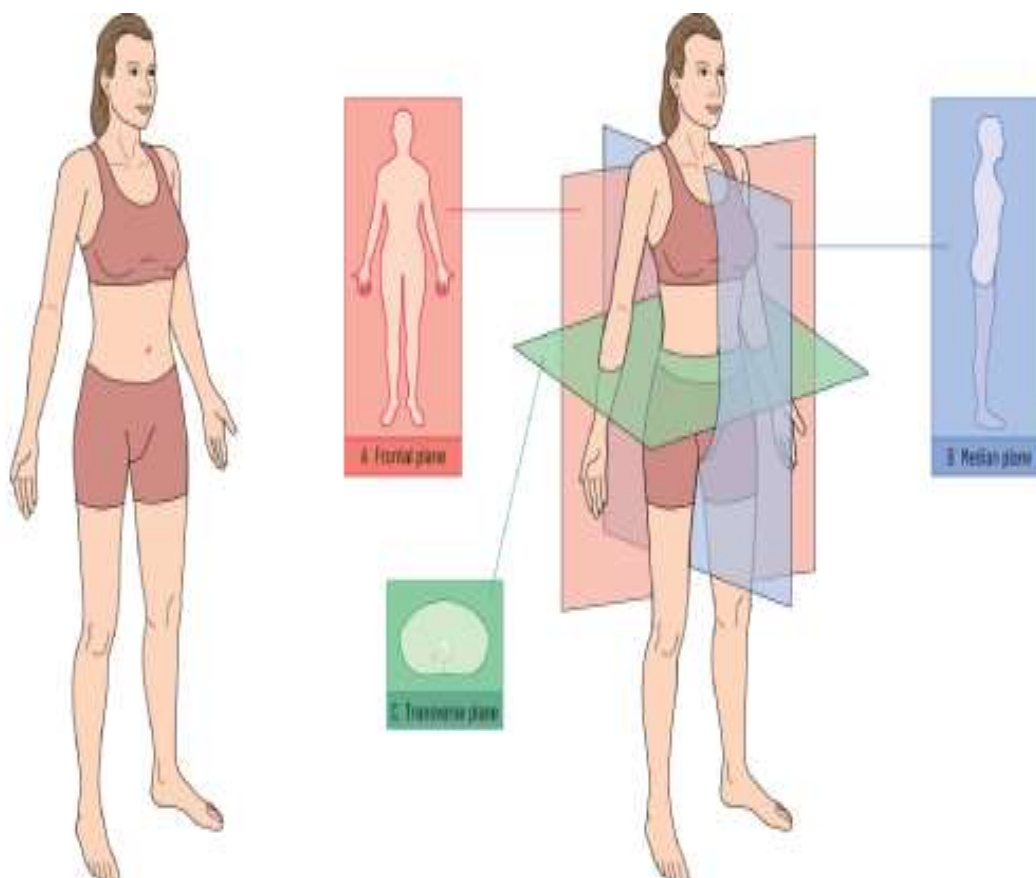




## Common Terms used in Anatomy and Their Meanings

### 1. Anatomical Position

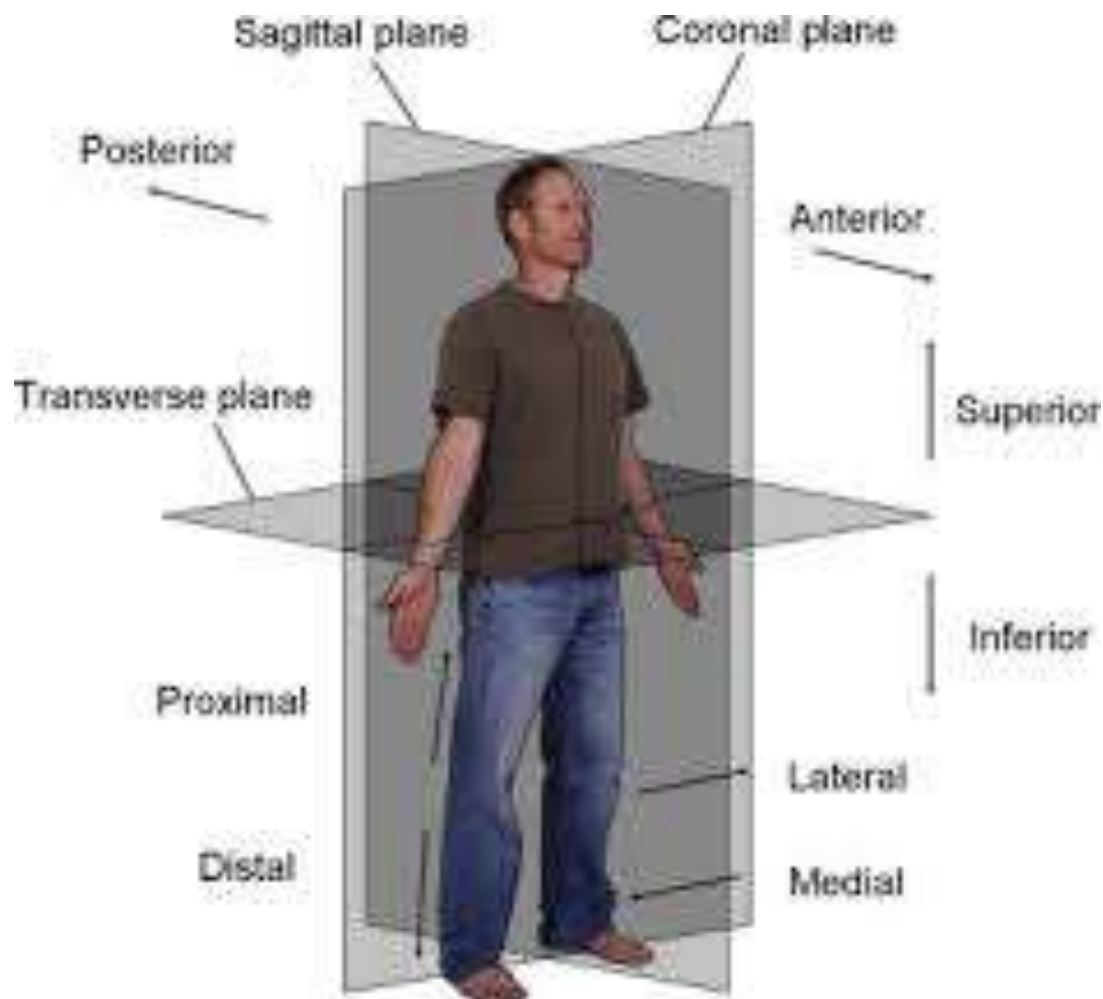
- Standing upright.
- Facing forward.
- Arms at the sides with palms facing forward.
- Feet flat on the ground and facing forward.





## 2. Planes of the Body

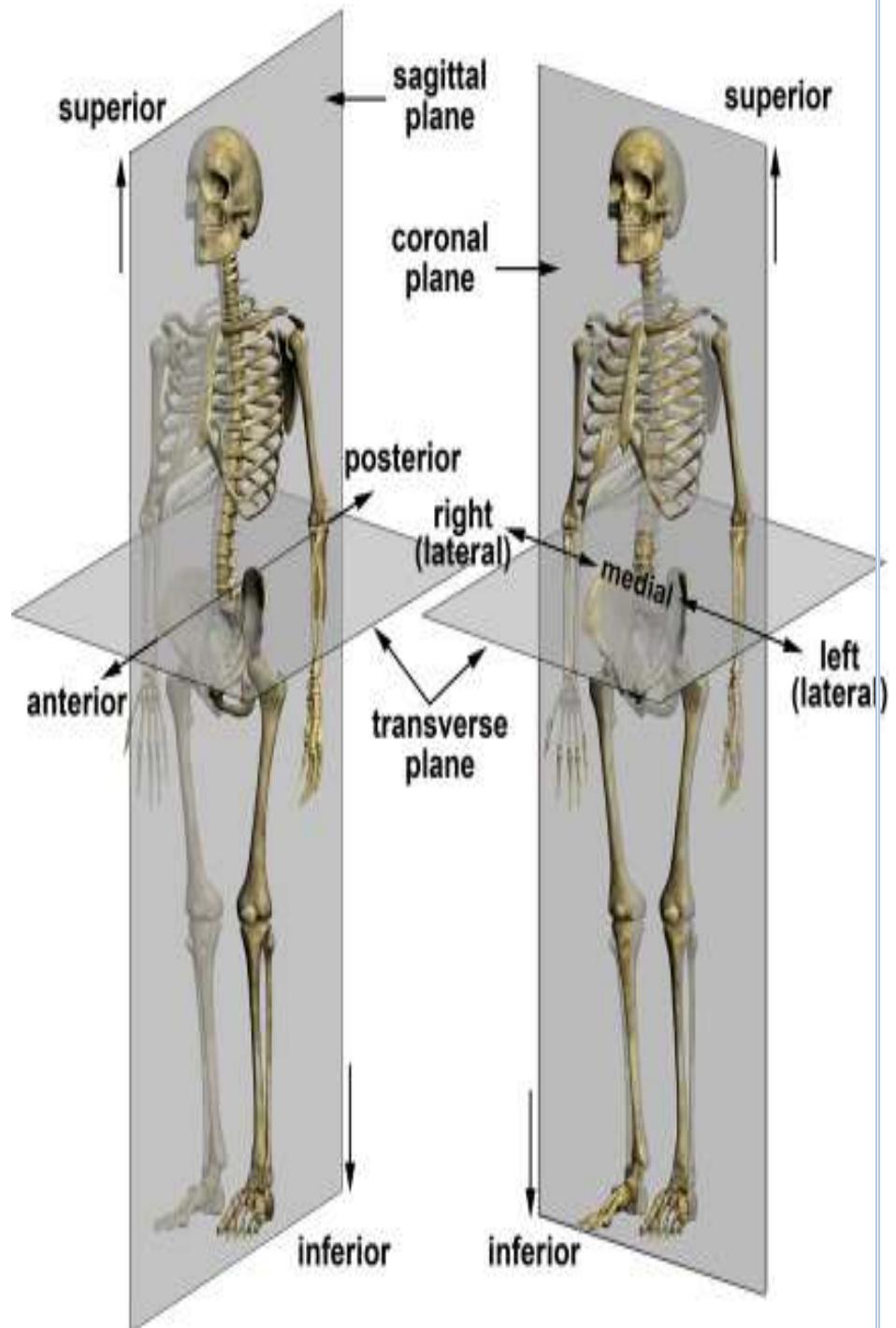
- **Sagittal Plane.**
- **Coronal Plane (Frontal)**
- **Transverse Plane (Horizontal)**





### 3. Directional Terms

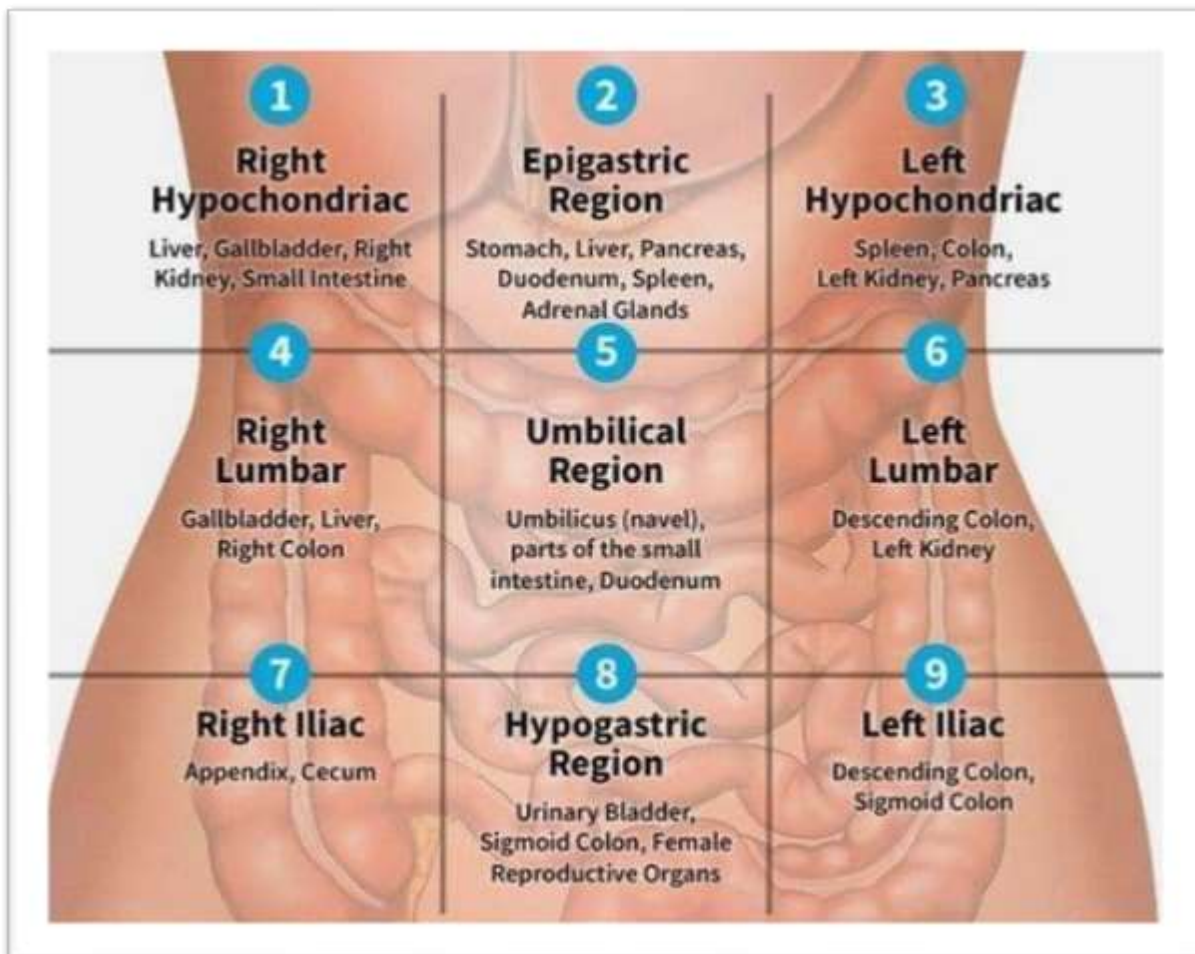
- Superior (Cranial)
- Inferior (Caudal)
- Anterior (Ventral)
- Posterior (Dorsal)
- Medial
- Lateral
- Proximal
- Distal
- Superficial
- Deep





## 4. Regions of the Body

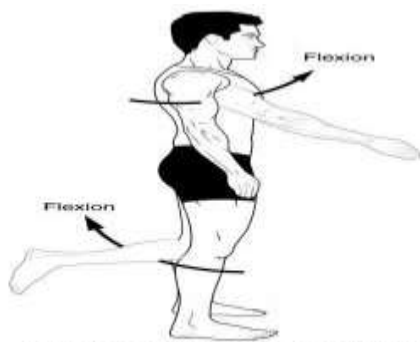
- ❖ **Axial Region:** Includes the head, neck, and trunk.
- ❖ **Appendicular Region:** Includes the limbs (arms and legs).
- ❖ **Specific Subdivisions:**
- ❖ **Abdominal Quadrants:** Right upper, left upper, right lower, left lower.
- ❖ **Abdominal Regions:** Hypochondriac, lumbar, iliac (right/left), epigastric, umbilical, hypogastric.



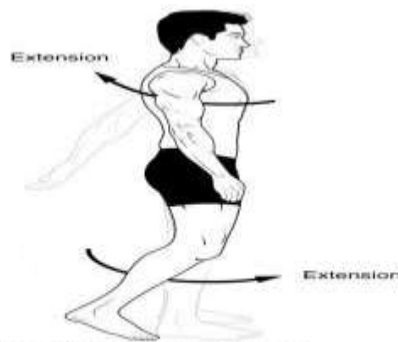


## 5. Movements

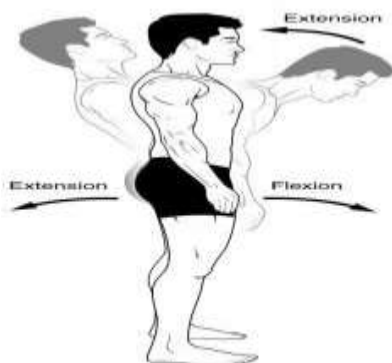
- ❖ Flexion
- ❖ Extension
- ❖ Abduction
- ❖ Adduction
- ❖ Rotation
- ❖ Circumduction
- ❖ Pronation
- ❖ Supination



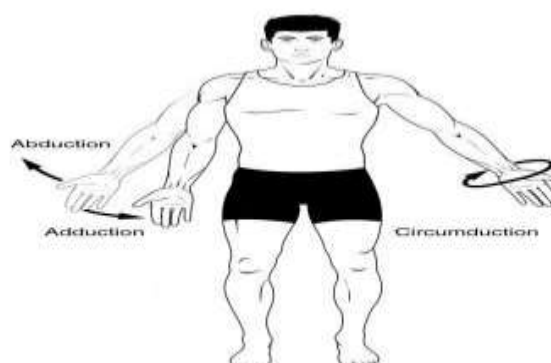
(a) and (b) Angular movements: flexion and extension at the shoulder and knees



(c) Angular movements: flexion and extension of the neck



(d) Angular movements: flexion and extension of the vertebral column



(e) Angular movements: abduction, adduction, and circumduction of the upper limb at the shoulder



(f) Rotation of the head, neck, and lower limb



## 6. Tissues

**The body is composed of four main tissue types:**

- ❖ **Epithelial Tissue**
- ❖ **Connective Tissue**
- ❖ **Muscle Tissue**
- ❖ **Nervous Tissue**



