

Introduction to anatomy and anatomical terms

BY

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The objectives of the lecture

- *identify what is anatomy •
- *describe major anatomical terms •

What is anatomy??

Anatomy is the science of the structure
and function of the body. •

The term anatomy consist of two parts •

*Ana which means a way •

*Tomy which means to cut •

Directional Terms

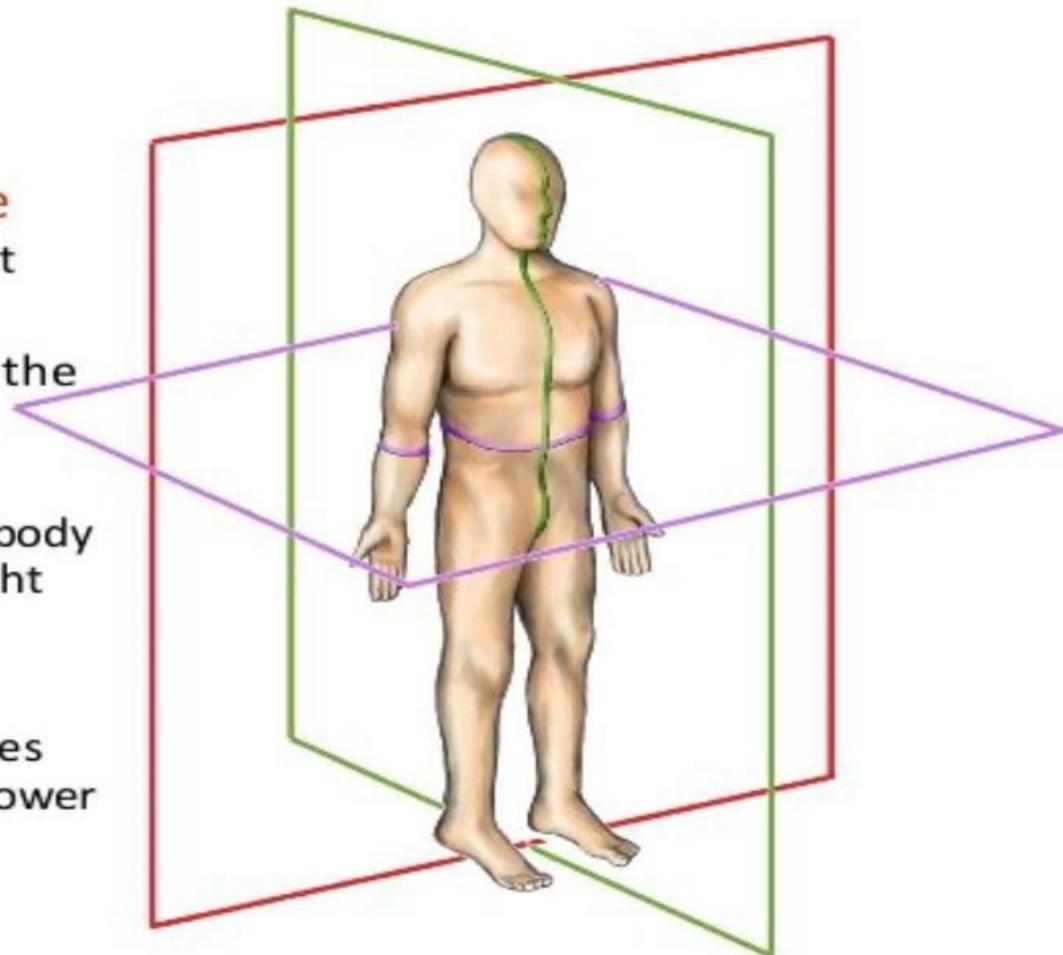
The **anatomical position** of the body is our standard position when discussing anatomy.

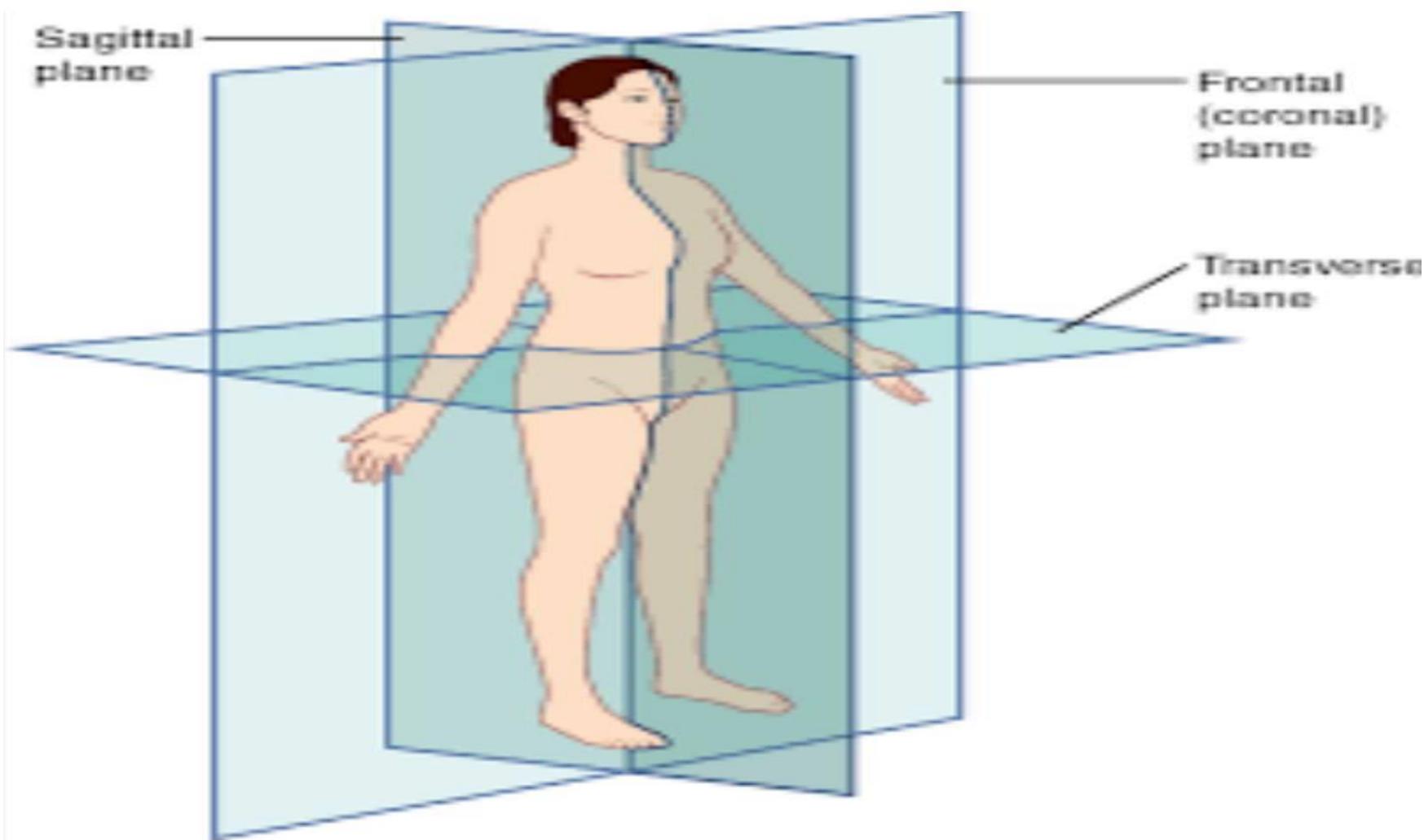
- The body is standing erect
- The feet are together or close together
- The arms are on the sides with palms facing forward
- The head is erect and is looking straight ahead
- Let's all try! Stand up next to your seat!

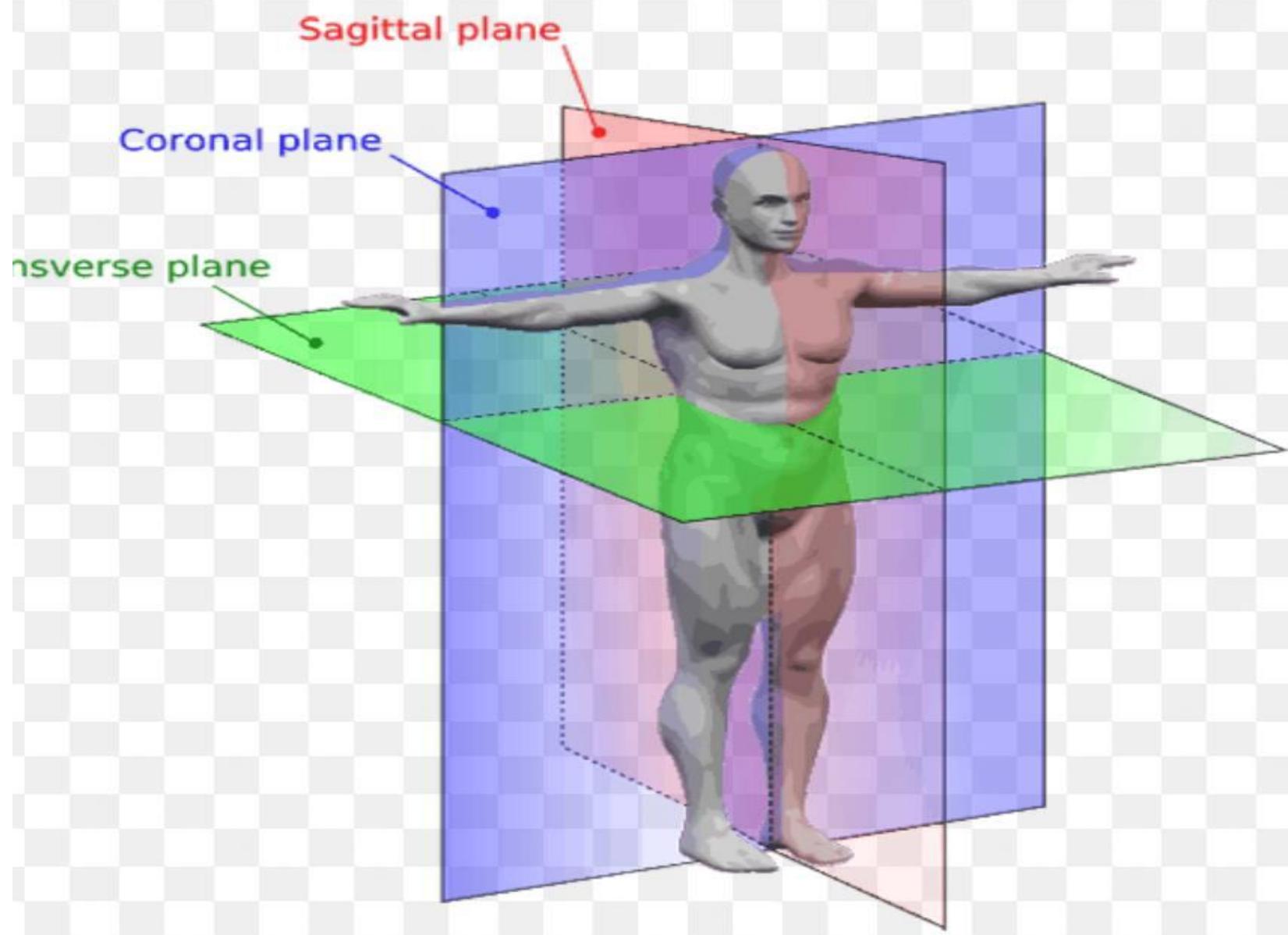


Anatomical Planes

- Anatomical position
 - Anatomical planes
- **Coronal (Frontal) Plane** divides the body into front and back sections
- **Sagittal Plane** divides the body into left and right sections
 - **Median** - divides the body into equal left and right parts
- **Axial (Horizontal or Transverse) Plane** - divides the body into upper and lower segments







Anatomical/ Directional Terms

Distal - further from trunk
Proximal - closer to trunk

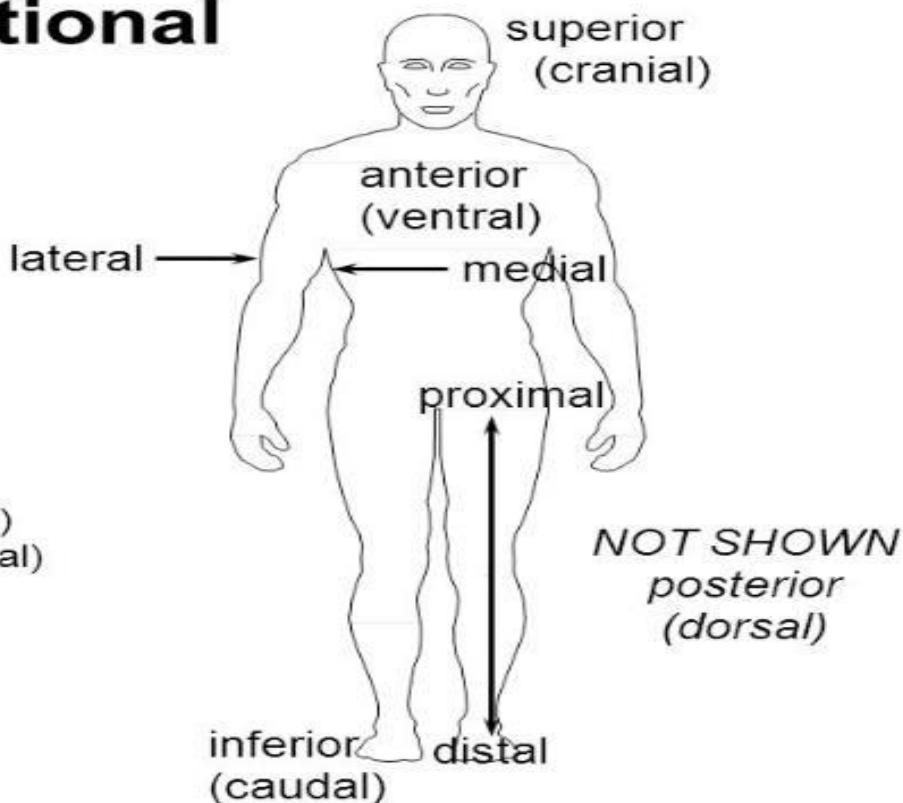
Lateral - away from midline
Medial - closer to midline

Anterior - front side (aka ventral)
Posterior - back side (aka dorsal)

Superior - closer to head (aka cranial)
Inferior - further from head (aka caudal)

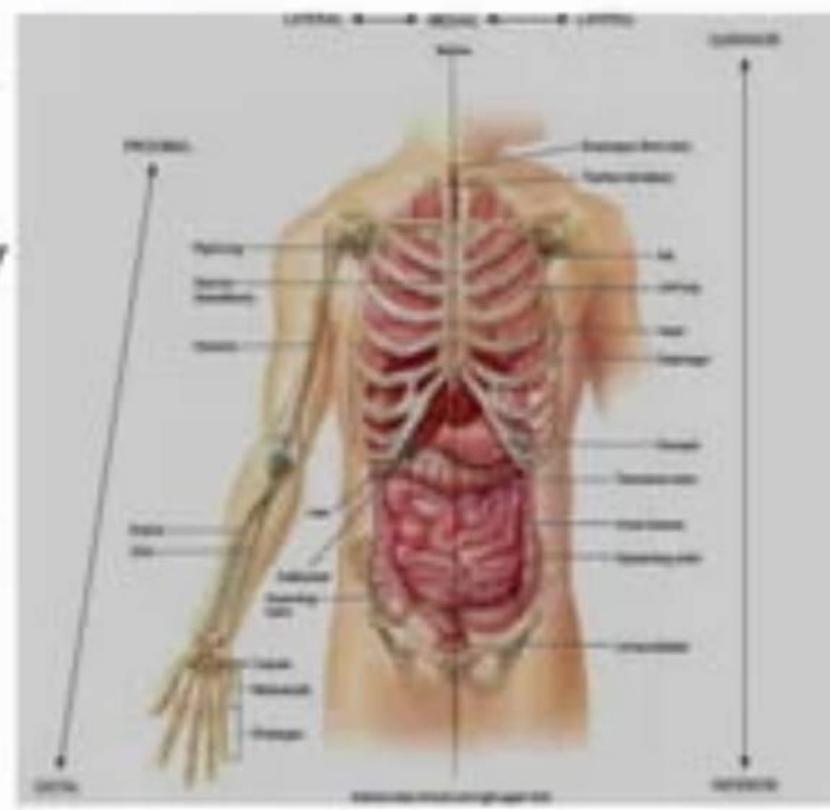
Superficial - closer to surface
Deep - further from surface

Plantar - bottom of foot
Dorsal - top of foot



PROXIMAL/DISTAL IPSILATERAL/ CONTRA LATERAL

- Proximal closer to root of limbs
- Distal further away from the root of limbs
- Reference point -- the origin of a structure



Flexion-Extension

- **Flexion** - reduces the angle between two bones at a joint
- **Extension** - increases the angle between two bones at a joint

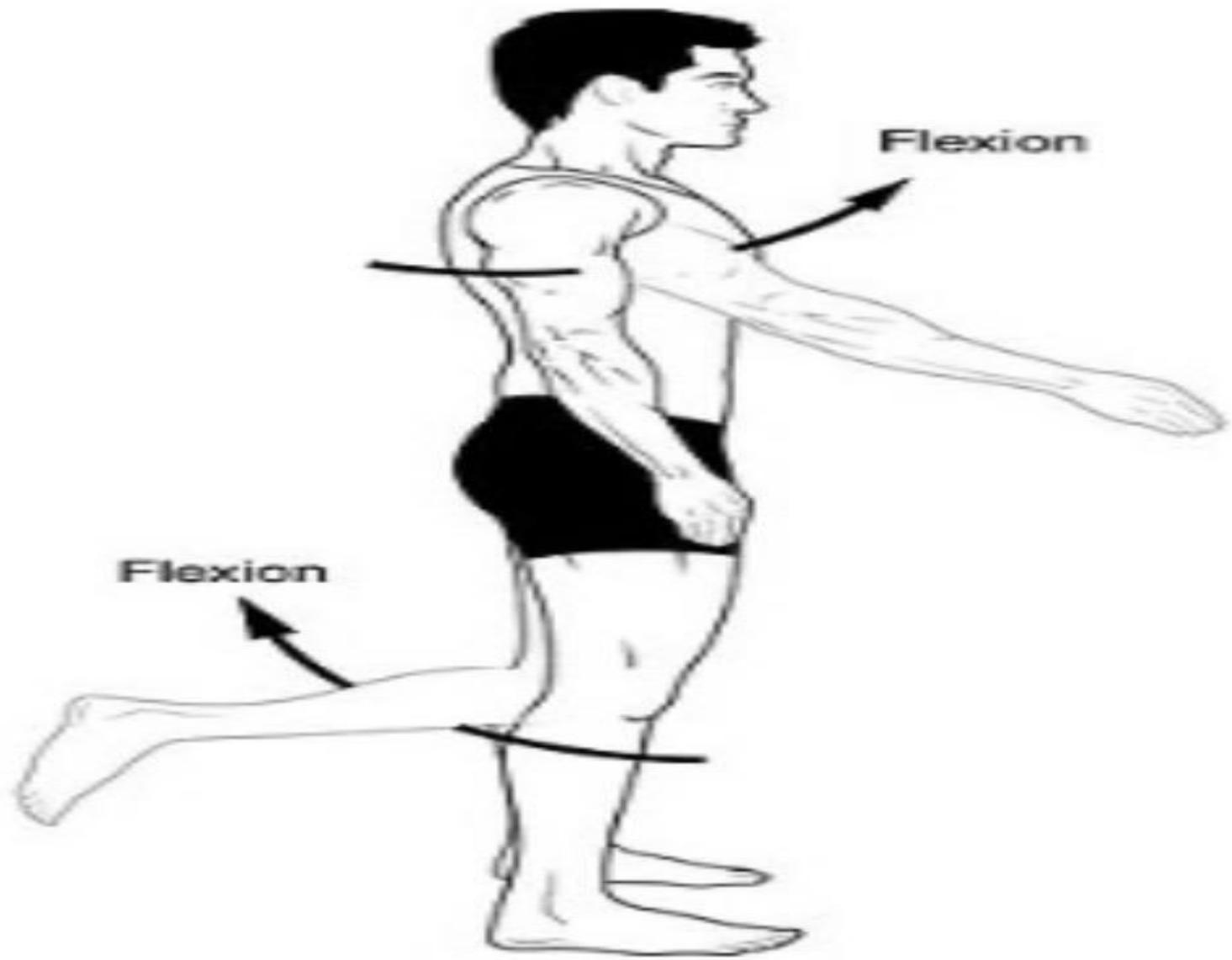
- Usually a sagittal plane movement
- E.g., Biceps curl
 - Lifting the weight reduces the angle at the joint = flexion
 - Lowering the weight increases the angle at the joint = extension



Flexion



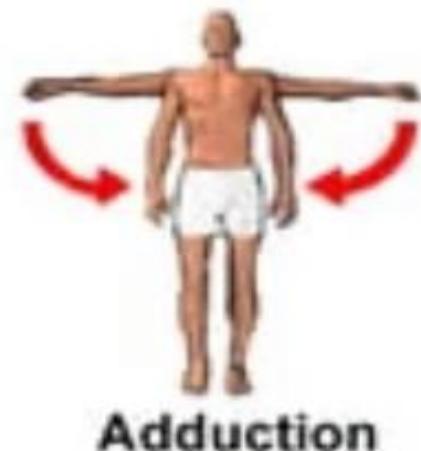
Extension



Movements

Adduction

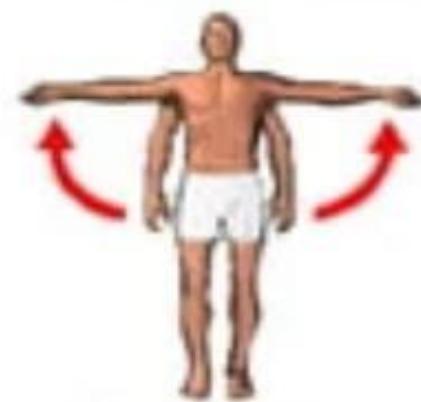
- Moving a body part towards the midline of the body



Adduction

Abduction

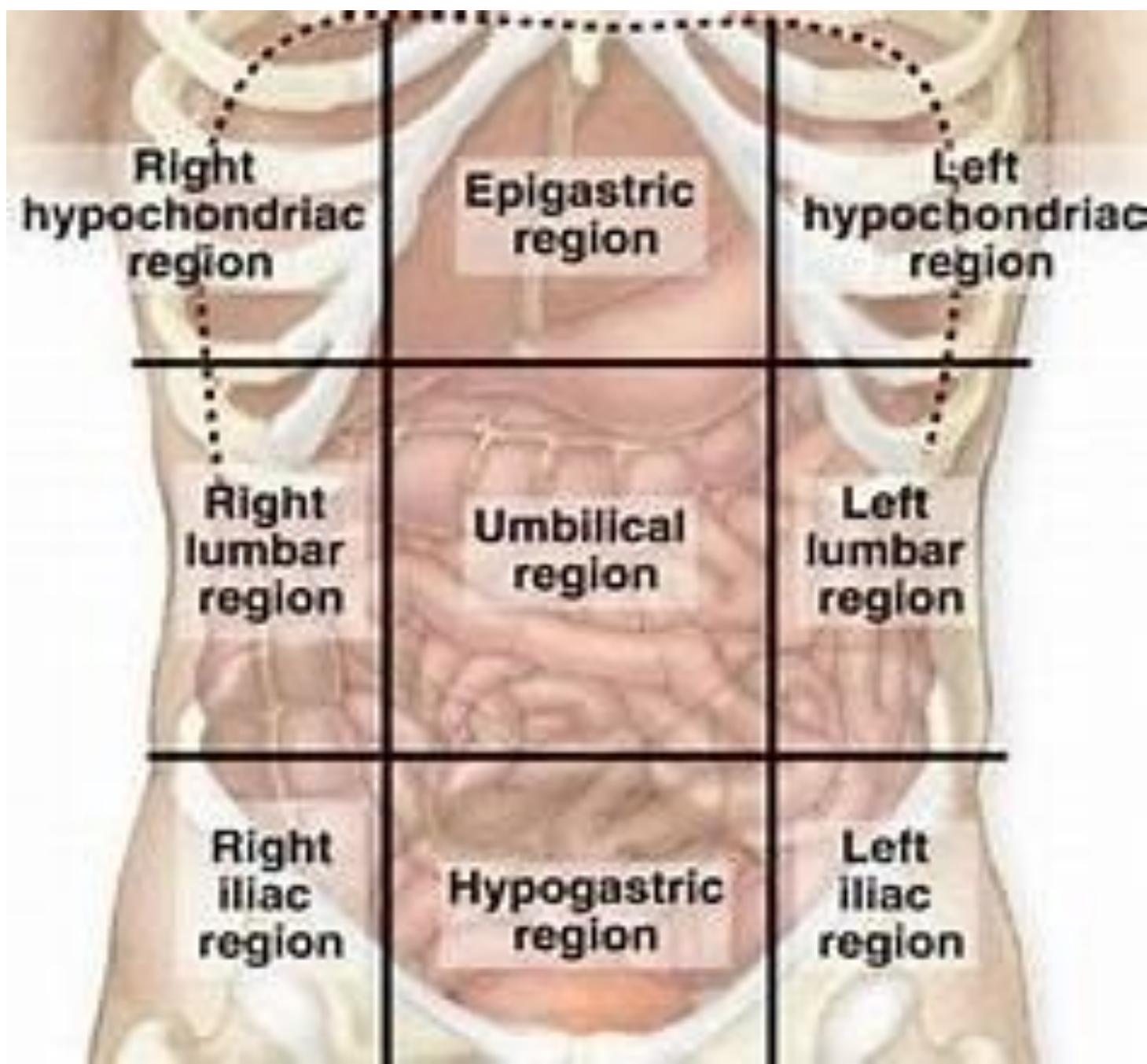
- Moving a body part away from the midline of the body



Abduction

INTRODUCTION:-

- THE URINARY SYSTEM IS THE MAIN EXCRETORY SYSTEM AND CONSISTS OF THE FOLLOWING STRUCTURES:
- **2 KIDNEYS**, WHICH SECRETE URINE
- **2 URETERS** THAT CONVEY THE URINE FROM THE KIDNEYS TO THE URINARY BLADDER
- **THE URINARY BLADDER**, WHICH COLLECTS AND STORES URINE
- **THE URETHRA** THROUGH WHICH URINE LEAVES THE BODY.
- URINE IS STORED IN THE BLADDER AND EXCRETED BY THE PROCESS OF MICTURITION.



HUMAN KIDNEY ANATOMY

