



**Subject Name: Anatomy**



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**Lecture No.:- 1**

**Lecture Title: [ANATOMICAL POSITION]**

# ANATOMICAL POSITION

## ➤ What is Anatomy?

Anatomy is the science of the structure of the body.

## ➤ The word comes from the Greek:

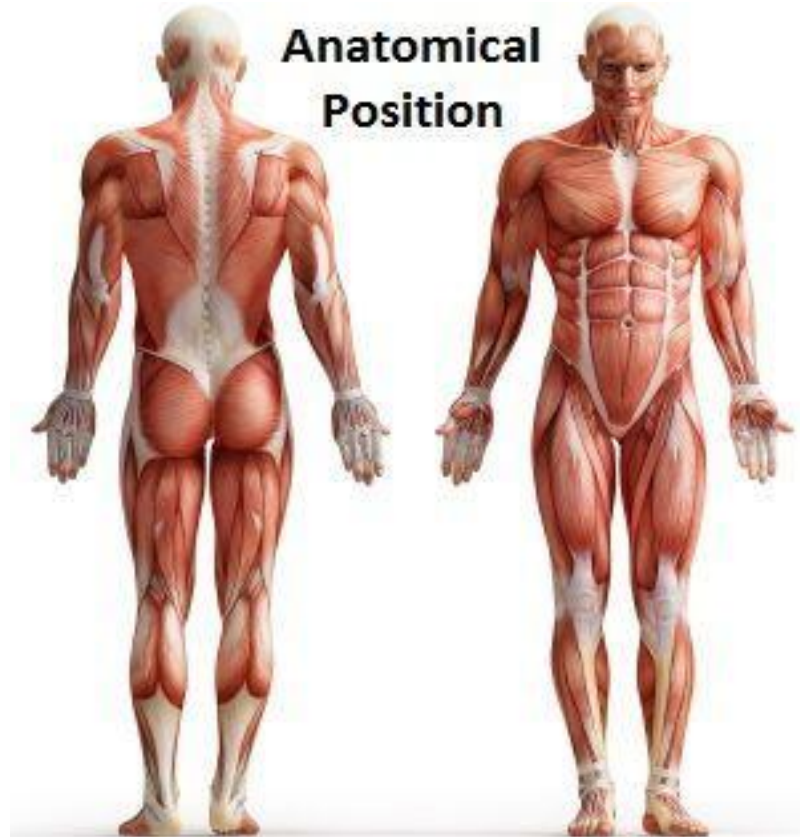
- ana = "up"
- tome = "a cutting"

➤ Anatomical position, is that of the body standing upright, with the feet at shoulder width and parallel, toes forward.

➤ The body standing erect, facing forward, feet together and parallel, arms at the sides with palms facing forward.

➤ The upper limbs are held out to each side, and the palms of the hands face forward

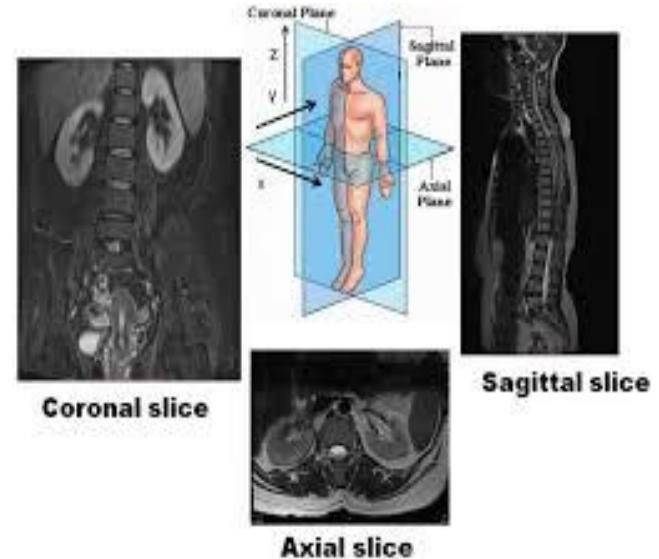
# ANATOMICAL POSITION



# BODY PLANES & SECTIONS

A **section** is a two-dimensional surface of a three-dimensional structure that has been cut. Modern medical imaging devices enable clinicians to obtain “virtual sections” of living bodies. We call these scans. Body sections and scans can be correctly interpreted, however, only if the viewer understands the plane along which the section was made.

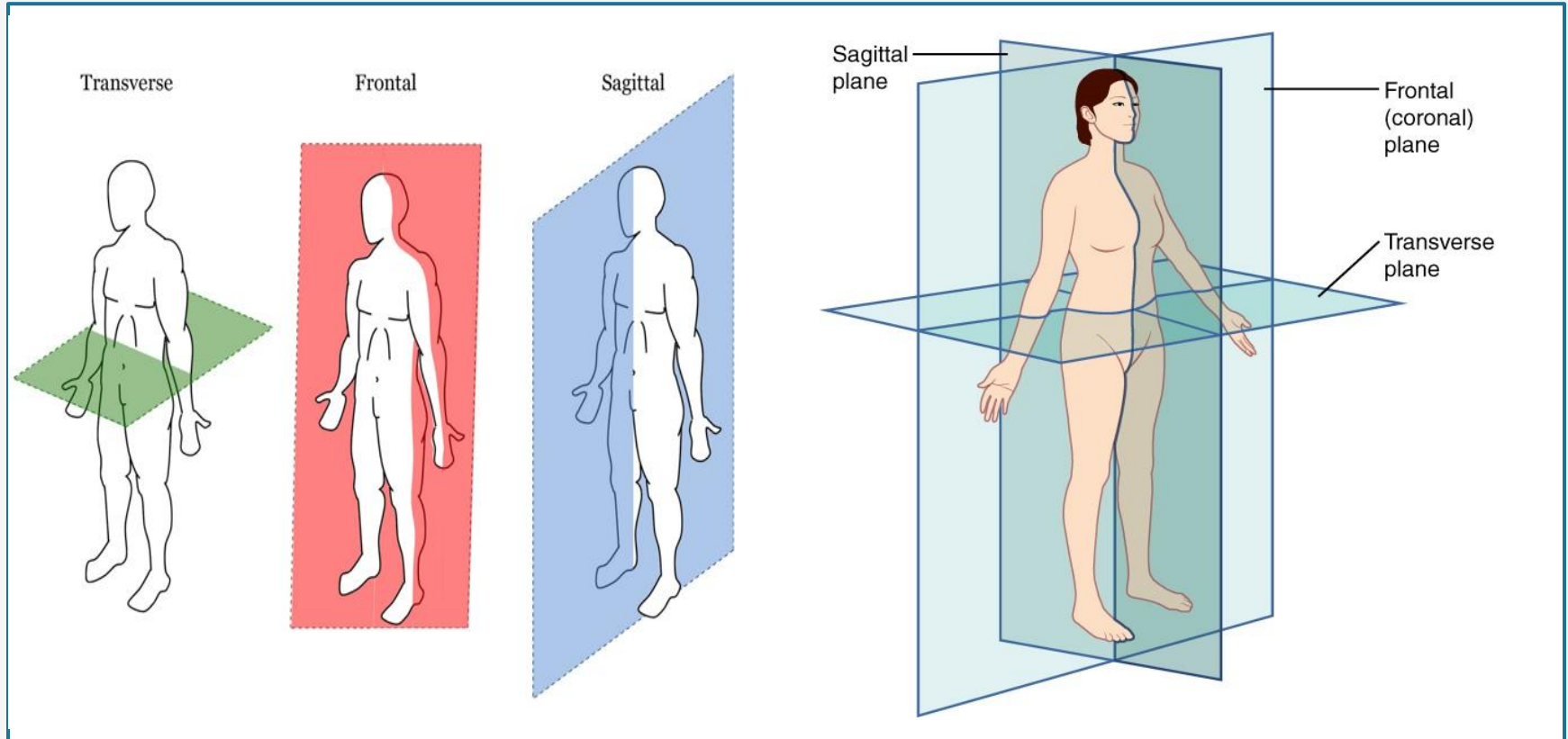
A **plane** is an imaginary two-dimensional surface that passes through the body. There are three planes commonly referred to in anatomy and medicine



# BODY PLANES & SECTIONS

1. The **sagittal plane** is the plane that divides the body or an organ vertically into right and left sides. If this vertical plane runs directly down the middle of the body, it is called the midsagittal or median plane. If it divides the body into unequal right and left sides, it is called a parasagittal plane or less commonly a longitudinal section.
2. The **frontal plane** is the plane that divides the body or an organ into an anterior (front) portion and a posterior (rear) portion. The frontal plane is often referred to as a coronal plane. (“Corona” is Latin for “crown.”)
3. The **transverse plane** is the plane that divides the body or organ horizontally into upper and lower portions. Transverse planes produce images referred to as cross sections.

# BODY PLANES & SECTIONS



# Directional Terms

These terms are essential for describing the relative locations of different body structures. For instance, an anatomist might describe one band of tissue as “inferior to” another or a physician might describe a tumor as “superficial to” a deeper body structure. Commit these terms to memory to avoid confusion when you are studying or describing the locations of particular body parts.

- **Anterior** (or ventral) Describes the front or direction toward the front of the body. The toes are anterior to the foot.
- **Posterior** (or dorsal) Describes the back or direction toward the back of the body. The popliteus is posterior to the patella.
- **Superior** (or cranial) describes a position above or higher than another part of the body proper. The orbits are superior to the oris.

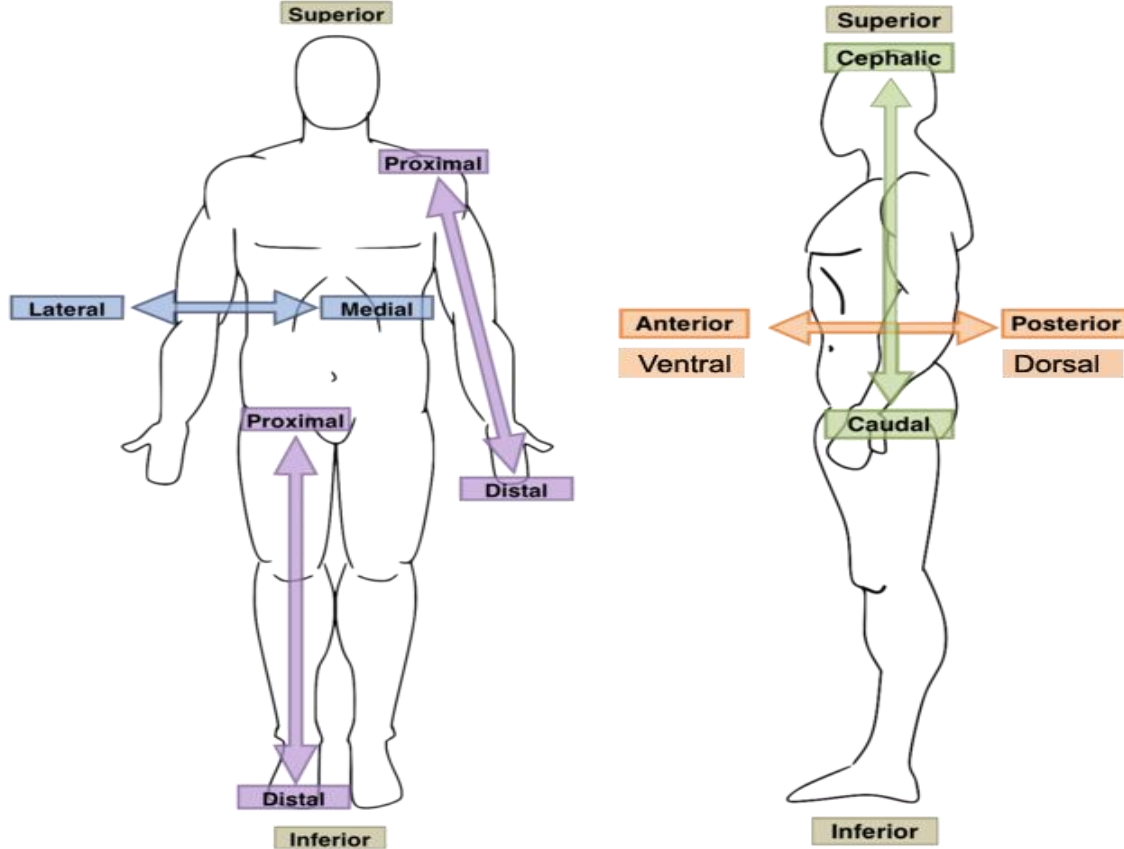
# Directional Terms

- **Inferior** (or caudal) describes a position below or lower than another part of the body proper; near or toward the tail (in humans, the coccyx, or lowest part of the spinal column). The pelvis is inferior to the abdomen.
- **Lateral** describes the side or direction toward the side of the body. The thumb (pollex) is lateral to the digits.
- **Medial** describes the middle or direction toward the middle of the body. The hallux is the medial toe.
- **Proximal** describes a position in a limb that is nearer to the point of attachment or the trunk of the body. The brachium is proximal to the antebrachium.

# Directional Terms

- **Distal** describes a position in a limb that is farther from the point of attachment or the trunk of the body. The crus is distal to the femur.
- **Superficial** describes a position closer to the surface of the body. The skin is superficial to the bones.
- **Deep** describes a position farther from the surface of the body. The brain is deep to the skull.

# Directional Terms



# Directional Terms

Term	Synonym	Meaning	Example
Superior	Cranial / Cephalic	Toward the head	Head is superior to neck
Inferior	Caudal	Away from head; toward feet	Neck is inferior to head
Anterior	Ventral	Toward the front	Toes are anterior to heel
Posterior	Dorsal	Toward the back	Heel is posterior to toes
Medial	—	Toward the midline	Nose is medial to eyes
Lateral	—	Away from midline	Eyes are lateral to nose
Proximal	—	Nearer to trunk attachment	Shoulder is proximal to elbow
Distal	—	Farther from trunk	Wrist is distal to shoulder
Superficial	External / Peripheral	Near body surface	Skin is superficial to muscle
Deep	Internal	Away from surface	Heart is deeper than ribs

# BODY REGIONS

## AXIAL Region

- Head (facial + cranium)
- Neck (cervical region)
- Thorax (chest)
- Abdomen
- Pelvis

## APPENDICULAR Region

- Shoulders
- Upper arms (brachial)
- Forearms (antebrachial)
- Thighs (femoral)
- Legs, ankles & feet

# ANATOMICAL TERMS — EXTREMITIES

## UPPER EXTREMITY

Anatomical Term	Common Term
Antebrachial	Forearm
Brachial	Upper Arm
Antecubital	Anterior Elbow
Cubital	Posterior Elbow
Digital	Fingers
Palmar	Palm of Hand

## LOWER EXTREMITY

Anatomical Term	Common Term
Femoral	Thigh
Patellar	Anterior Knee
Popliteal	Posterior Knee
Tarsal	Ankle
Pedal	Foot
Plantar	Sole of Foot



Thank you