

## Lesson 5.1: ANATOMICAL TERMINOLOGY

### TOPICS COVERED IN THIS LESSON

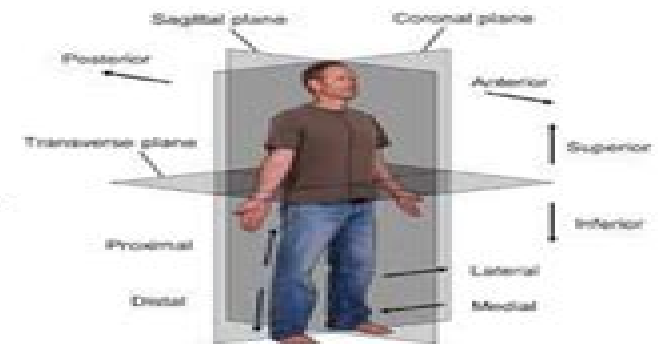
- (a) The Anatomical Position, Planes, and Axes
- (b) Describing Movements at Joints

#### Focussing Question

"What standard terms are used to describe human anatomical and physiological features, positions, and movements?"

#### The Anatomical Position

- The **anatomical position** is the standard position (standing straight, looking forward, arms at your side, and hands facing forward) used to describe the locations and relationships of anatomical parts on your body—similar to how the markings on a compass are used to describe locations in geography.



#### Characteristics of the Anatomical Position

The key features of the anatomical position are as follows:

- The person is in an upright, standing position with his or her head, eyes, and toes pointing forward.
- The feet are together and the arms are slightly out to the side.
- The forearms are fully supinated; in other words, the palms of the hands are facing forward.

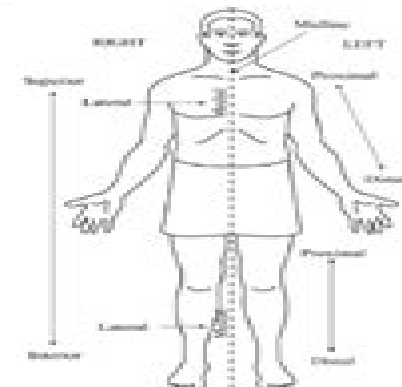
#### Describing Anatomical Relationships

Starting from the standard anatomical position, anatomical relationships are described as follows:

- Anterior / Posterior
- Superior / Inferior
- Medial / Lateral
- Proximal / Distal

#### Examples of Anatomical Relationships

- Anterior / Posterior
  - The sternum is anterior to the heart (so anterior also means "in front of"). The heart also has an anterior surface.
- Superior / Inferior
  - Superior refers to upward surfaces, inferior refers to downward surfaces.
- Medial / Lateral



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**Michael Seilmaier**



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