

Anatomical Language Basics

Terms of Position and Direction

Anterior (Ventral) – toward the front

Posterior (Dorsal) – toward the back

Inferior – below, footward ☺

Superior (Cranial) – above, headward

Lateral – away from midline, to the side

Medial – toward midline of body or organ

Peripheral – Toward outer surface of body or organ

Distal – (*distans*-distant) remote, away from point of origin or center

Proximal – (*proximus*-next to) near, closer to point of origin or center

Deep – far from surface

Superficial – near or on surface

Dorsum – the back, or posterior surface (ex back of hand, top of foot)

Palmar – palm (anterior) of hand

Plantar – sole of foot

Prone – facing down

Supine – facing up

Ipsilateral – on the same side

Contralateral – on the opposite side

Anatomical Planes We'll use:

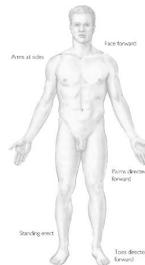
Vertical = Frontal = Coronal

Sagittal – other terms are Mid-sagittal, and also Median referring to dividing the body equally

Horizontal = Transverse

Terms of Movement (movement of bones occurs at *joints*)

These are in relation to The Anatomical Position



Range of Motion – limited by bony architecture, bone shape, related ligaments, muscles crossing joints

Extension – straightens a joint = Neutral Extension (Relaxed Extension)

Hyperextension – excessive extension beyond normal range

Flexion – joint is bent, decrease in angle between bones of the joint

Lateral Flexion – Bending sideways in Vertical Plane

Adduction – moves a bone toward midline

Abduction – moves a bone away from midline

Circumduction – a circular movement (flexion, adduction, extension, abduction)

Rotation – turning the moving bone around its axis

Supination – external rotation of the radiohumeral joint (elbow); palm up. In foot, lifts medial

Pronation – internal rotation of the radiohumeral joint (elbow); palm down. In foot, lifts lateral

Inversion – turns sole of foot inward so medial border is elevated

Eversion – turns sole of foot outward so lateral border is elevated