

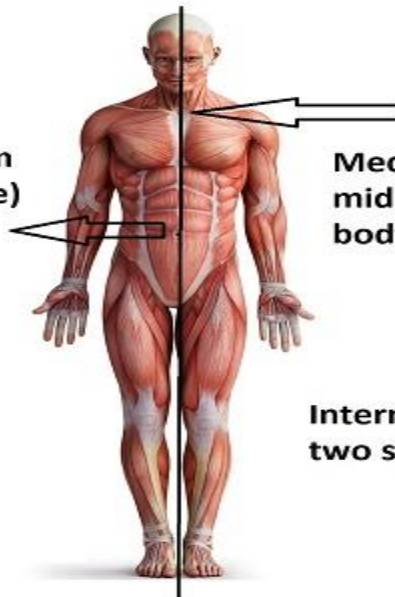


Anatomical positions

- 1- the person is standing erect.
- 2- The upper limb straight by the sides.
- 3- The legs close to gather.
- 4- the eyes and palms are facing forward.



**Lateral = away from
the midline (middle)
of the body.**



**Medial = toward the
midline (middle) of the
body.**

**Intermediate = between
two structures.**



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Directional terms

The body is divided in to the following regions:

1-The head and neck

2-The upper limb

3-The lower limb

4-The trunk: which consist of

From behind (the back)

From front : (the thorax, abdomen, pelvis, perineum).

Anatomical adjectives

1-Anterior and posterior

Anterior :the front side of the body .

Anterior=ventral

Ex: the sternum is anterior to vertebral column .

Posterior=dorsal

Ex: the vertebral column is Posterior to the sternum.

2- Superior and Inferior:

Superior: means above (near the head).

Ex: the stomach is superior to the large intestine.

Inferior: means below(near the feet).

Ex: the large intestine is inferior to stomach.

3-Medial and Lateral:

Medial: near the midline of the body.



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Ex: the nose is medial to the eyes.

Lateral :away from the midline of the body.

Ex :the eyes is lateral to the nose.

4-Proximal and distal

Proximal :near from the point of attachment to the trunk.

Ex: the mouth is proximal to the nose.

Distal :away from the point of attachment to the trunk.

Ex: the nose is distal to the mouth.

5-Superficial and Deep:

Superficial: near the skin

Deep: away from the skin.

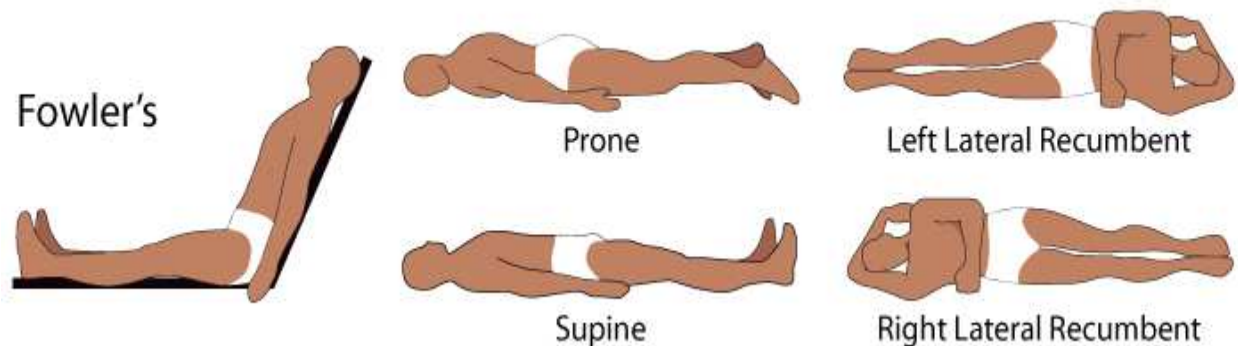
Used mostly to describe the muscle.

6-Supin &prone &lateral decubitus

Supin :lying on their spine face upward.

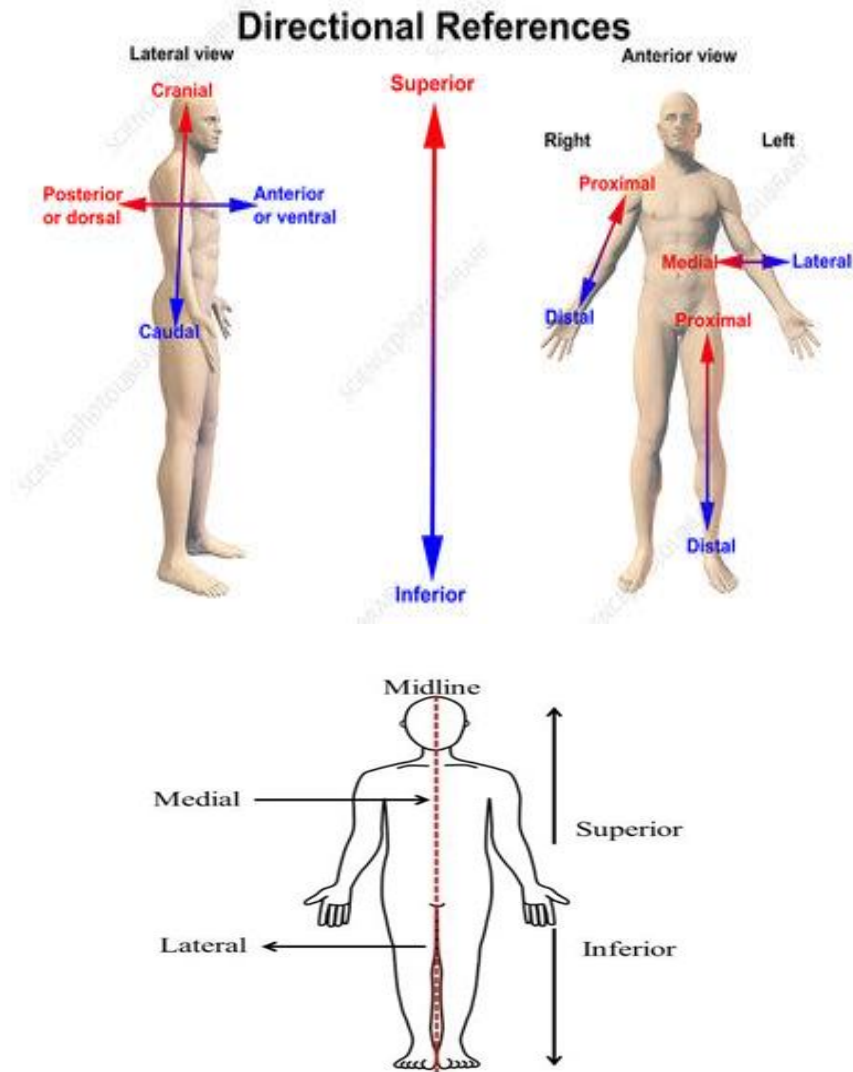
Prone: lying on the abdomen face downward.

lateral decubitus: lying on one side.



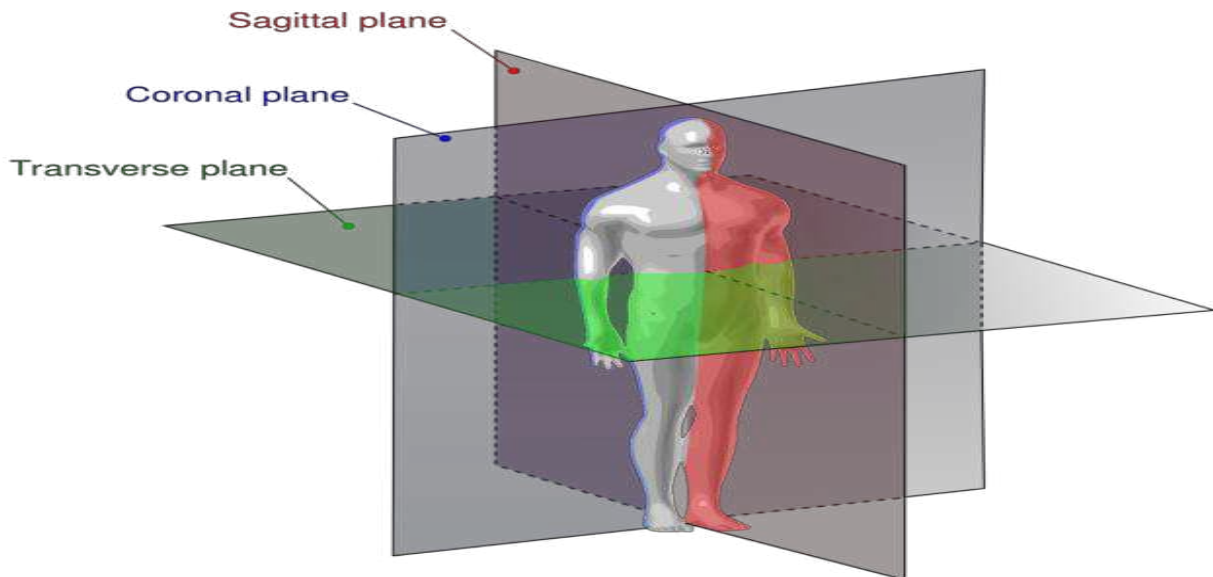


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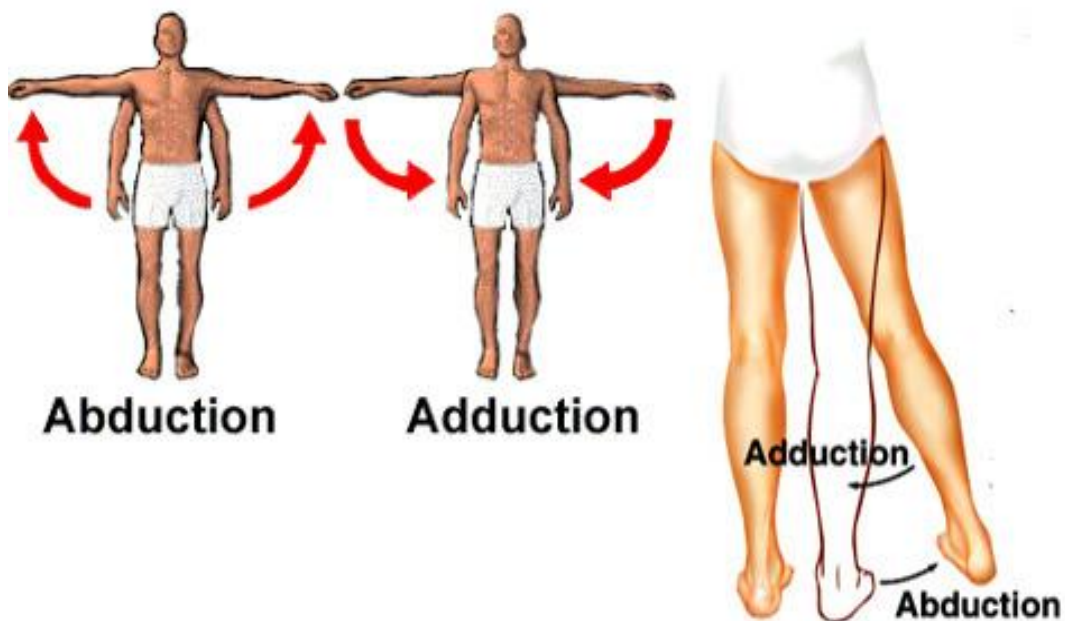
There are three planes commonly used; sagittal, coronal and transverse.

- 1. Sagittal plane** –:divides the body into left and a right sections.
- 2. Coronal plane** –divides the body into a front (anterior) and back (posterior) section.
- 3. Transverse plane** –divides the body into an upper (superior) section and a lower (inferior) section.
- 4. Mid sagittal plane:** divides the body into equal left and right halves.

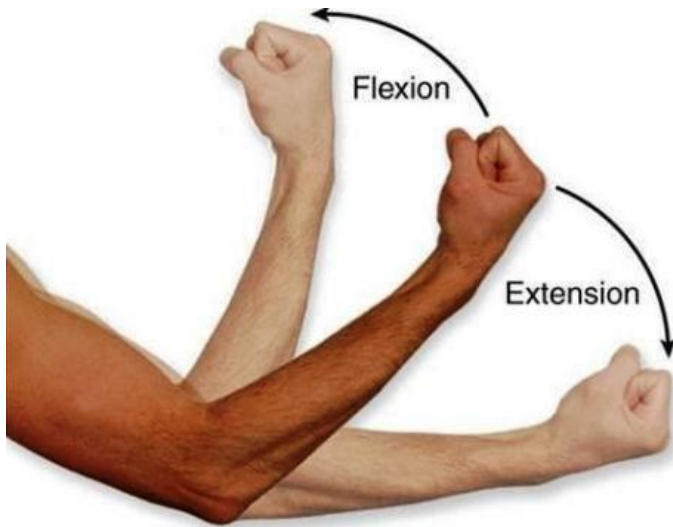


Anatomical Movement:

➤ **Abduction and adduction.**



Flexion and Extension.



➤ (a)



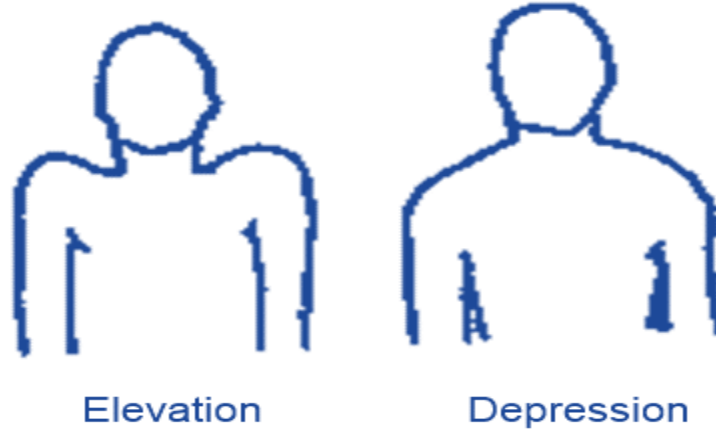
(b)

Medial and lateral Rotation

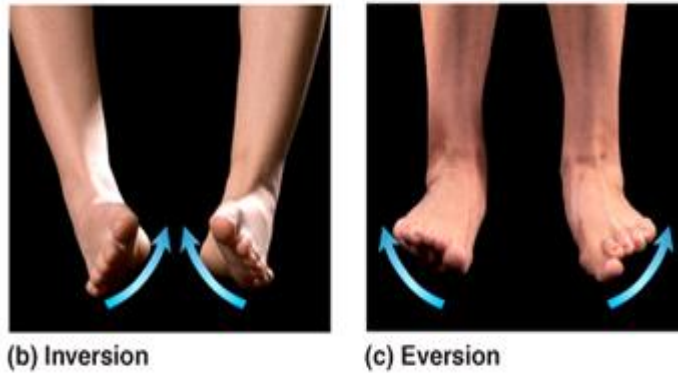




➤ **Elevation and Depression**



Inversion and Eversion



****مجتمع سادهُ الشرر والأنايية والغيرة وعدم حب الخير للمقابل وتمني زوال نعمته**

مجتمع يخاف كلام الناس أكثر من خوفه من الله

أحبوا بعضكم وتمنوا الخير لأنكم سترزقون بما تتمنون للمقابل

أنتم جيل المستقبل* أنتم الأمل****

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