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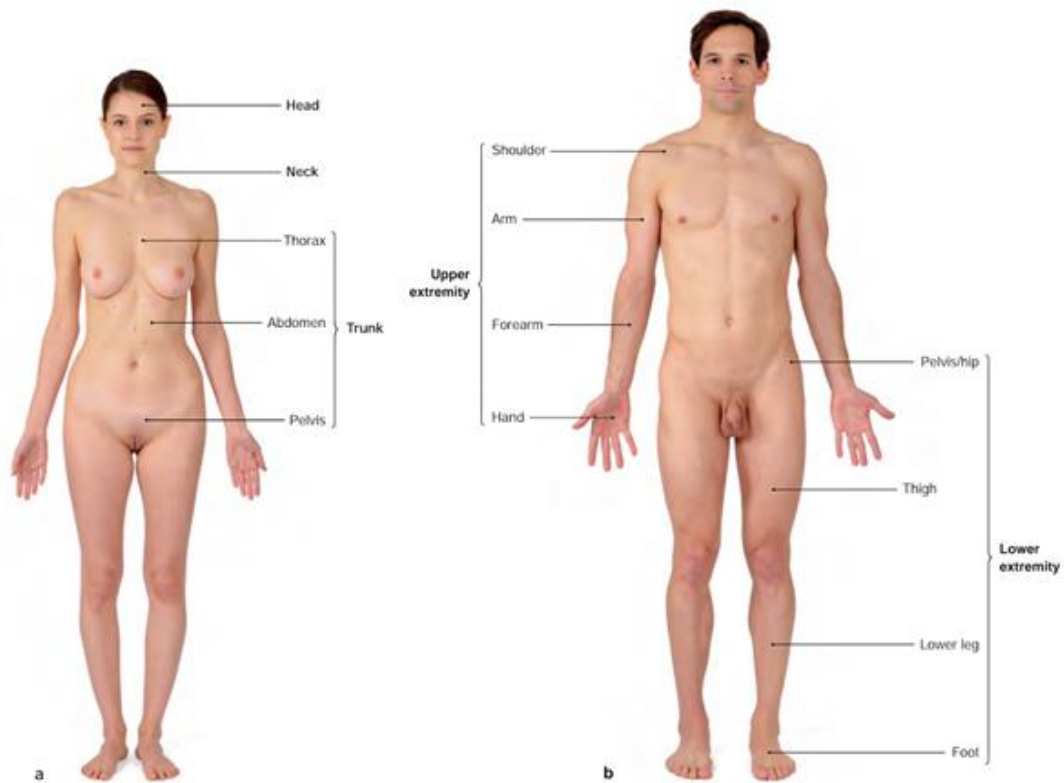
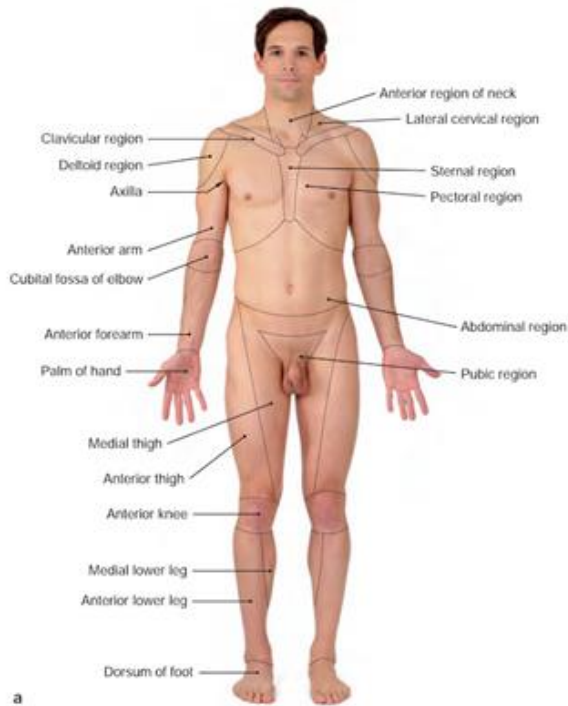


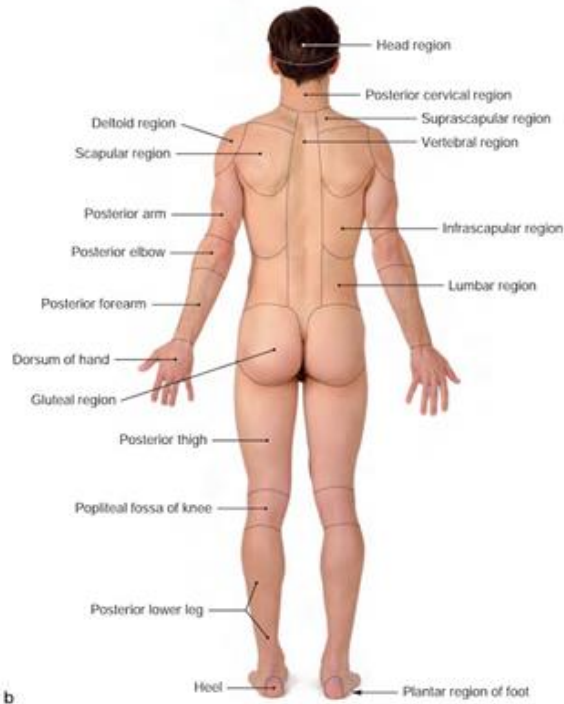
Fig. 1.1a and b Surface anatomy of Female (a) and Male (b); anterior views. [K340]

The term 'anatomical position' is used to describe a reference position in which the body is standing in an upright posture, with the head and body directly facing the observer; the feet are flat on the

ground, and directed forward; the arms are located alongside the trunk, with the palm of each hand facing forward. The anatomical position serves as a reference point when describing movements or anatomical landmarks in relation to one another (i.e. the hand is positioned distal to the shoulder).



a



b

Fig. 1.2a and b Anatomical regions; anterior (a) and posterior (b) views. [K340]

The body surface is divided into regions for better description and orientation.

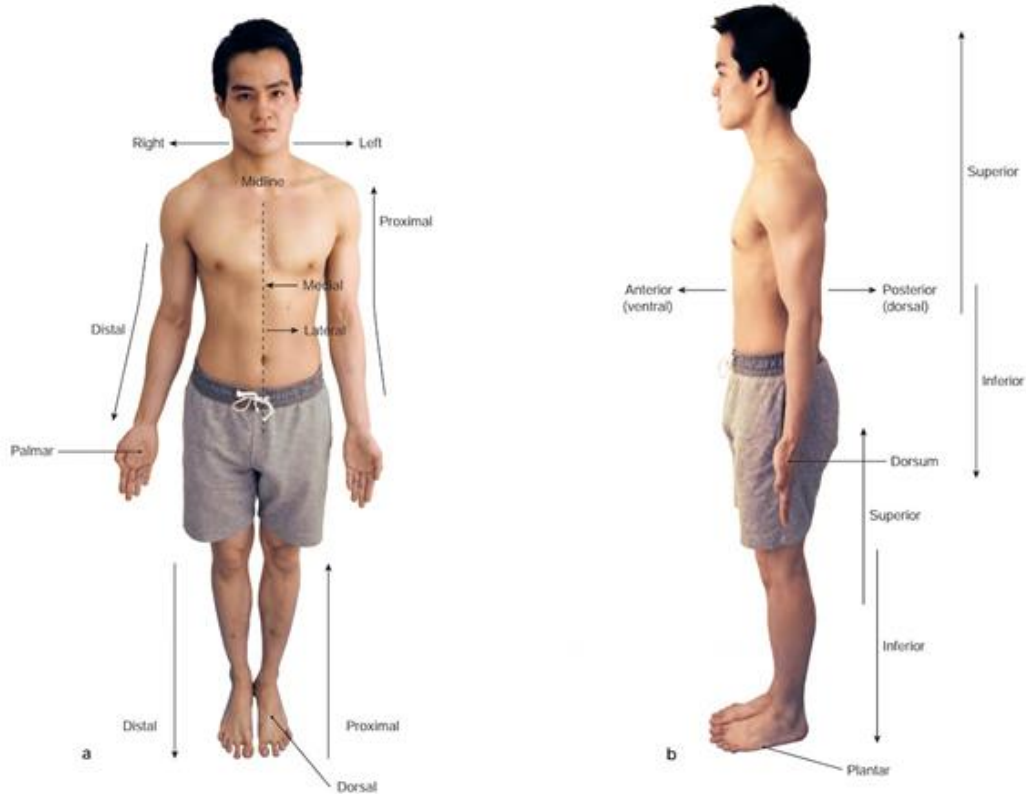


Fig. 1.3a and b Anatomical terminology; anterior (a) and lateral (b) views. [L271]

- Superior/inferior:** toward the head/toward the foot; sometimes referred to as cranial/caudal.
- Anterior/posterior:** front/back; sometimes referred to as ventral/dorsal.
- Medial/lateral:** toward the midline/away from the midline.
- Proximal/distal:** closer to/farther from the center of the body.
- Superficial/deep:** close(r) to the surface/deep(er) to the surface.
- Plantar/dorsal:** the sole of the foot/the top of the foot.
- Palmar/dorsum:** the palm of the hand/the back of the hand.