

Unit 2 – MEDICAL TERMINOLOGY

Anatomical Terms – Study Guide (Cornell Notes)

ANATOMICAL POSITION

Anatomical position is defined as standing erect, with the palms and feet facing forward. This position is the standard reference point in which all positions, movements, and planes are described.

ANATOMICAL PLANES

Fixed lines of reference along which the body is often divided or sectioned to facilitate viewing of its structure. Studying the body from different views allows one to obtain a three-dimensional perspective.

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| <ol style="list-style-type: none">1. Sagittal / Midsagittal Plane
Equal)2. Frontal / Coronal Plane3. Transverse / Horizontal Plane | <ol style="list-style-type: none">1. The plane dividing the body into right and left portions. (Mid = Equal)2. The plane dividing the body into front and back portions.3. The plane dividing the body into upper and lower portions. |
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ANATOMICAL DIRECTIONS

Terms of position and direction describe the position of one body part relative to another, usually along one of the three major body planes.

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| <ol style="list-style-type: none">1. Superior2. Inferior3. Anterior4. Posterior5. Medial6. Lateral7. Distal8. Proximal9. Superficial10. Deep11. Ventral12. Dorsal13. Prone14. Supine15. Unilateral16. Bilateral | <ol style="list-style-type: none">1. Refers to a structure being closer to the head or higher than another structure in the body.2. Refers to a structure being closer to the feet or lower than another structure in the body.3. Refers to a structure being more in front than another structure in the body.4. Refers to a structure being more in back than another structure in the body.5. Refers to a structure being closer to the midline or median plane of the body than another structure of the body.6. Refers to a structure being farther away from the midline than another structure of the body.7. With reference to the extremities only, refers to a structure being further away from the root of the limb than another structure in that limb.8. With reference to the extremities only, refers to a structure being closer to the root of the limb than another structure in that limb.9. Refers to a structure being closer to the surface of the body than another structure.10. Refers to a structure being closer to the core of the body than another structure.11. Toward the front/belly.12. Toward the back.13. Lying face down.14. Lying face up.15. Pertaining to one side of the body.16. Pertaining to both sides of the body. |
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ANATOMICAL MOVEMENTS

- 1. **Flexion**
- 2. **Extension**
- 3. **Hyperextension**
- 4. **Adduction**
- 5. **Abduction**
- 6. **Pronation**
- 7. **Supination**
- 8. **Retraction**
- 9. **Protraction**
- 10. **Elevation**
- 11. **Depression**
- 12. **Rotation**
- 13. **Circumduction**
- 14. **External Rotation**
- 15. **Internal Rotation**
- 16. **Lateral Flexion**
- 17. **Inversion**
- 18. **Eversion**
- 19. **Dorsiflexion**
- 20. **Plantarflexion**
- 21. **Radial Deviation**
- 22. **Ulnar Deviation**
- 23. **Opposition**

- 1. Bending at a joint or decreasing the angle between two bones.
- 2. Straightening a joint or increasing the angle between two bones.
- 3. Extending a joint beyond its normal range of motion.
- 4. Moving a body part toward the midline of the body.
- 5. Moving a body part away from the midline of the body.
- 6. Turning the arm or foot downward (palm or sole of the foot - down).
- 7. Turning the arm or foot upward (palm or sole of the foot - up).
- 8. Moving a part backward.
- 9. Moving a part forward.
- 10. Raising a part.
- 11. Lowering a part.
- 12. Turning on a single axis.
- 13. Tri-planar, circular motion at the hip or shoulder.
- 14. Rotation of the hip or shoulder away from the midline.
- 15. Rotation of the hip or shoulder toward the midline.
- 16. Side-bending left or right
- 17. Turning the sole of the foot inward.
- 18. Turning the sole of the foot outward.
- 19. Ankle movement bringing the foot toward the shin.
- 20. Ankle movement pointing the foot downward.
- 21. Movement of the wrist towards the radius or lateral side.
- 22. Movement of the wrist towards the ulna or medial side.
- 23. Movement of the Thumb across the palm of the hand.

NOTES:

Practice, Practice, Practice. Use this style of Cornell notes to review, quiz, and then review again. One of the best ways to review these terms is to teach them to someone else.

_____ taught me Anatomical Planes, Positions, Directions and Movements.

1. _____
Parent / Guardian

2. _____
Sibling

3. _____
Another Teacher

4. _____
Friend

5. _____
Classmate

6. _____
Choice