

# Anatomical Cheat Sheet



with Mr. Doc

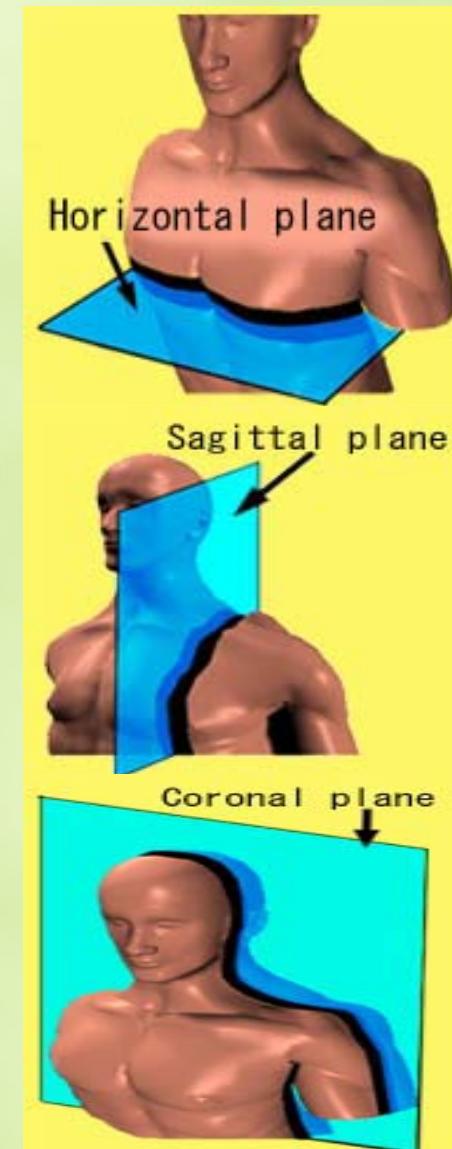


# Anatomical Reference

- ✿ **Anatomical Position** is the natural position that a body take and is the position used when referring to parts of the organism/body.
- ✿ **Median** refers to an imaginary line that runs down the center of a bilateral organism that divides it into identical halves.
- ✿ **Bilateral** refers to an organism that is the same on both sides of the median.

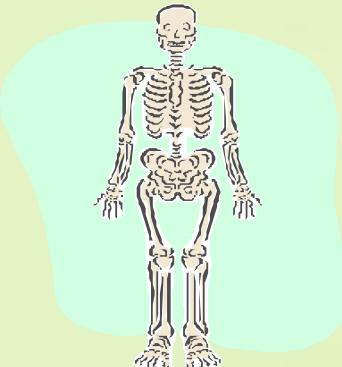
# Planes of Dissection

- ✿ **Transverse (Horizontal) Plane** is a dissecting plane that cuts the body into top and bottom parts.
- ✿ **Sagittal (Lateral) Plane** is a dissecting plane that cuts the body into right and left parts.
- ✿ **Coronal (Frontal) Plane** is a dissecting plane that cuts the body into front and back parts.

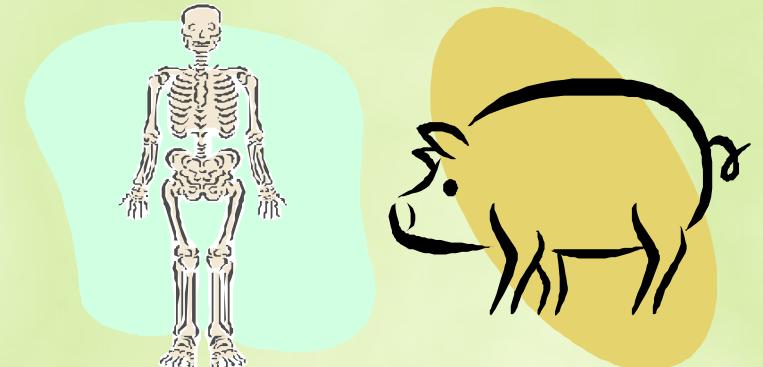


# Reference Terms

- \* **Superior:** Toward the Head.



- \* **Inferior:** Away from the head.

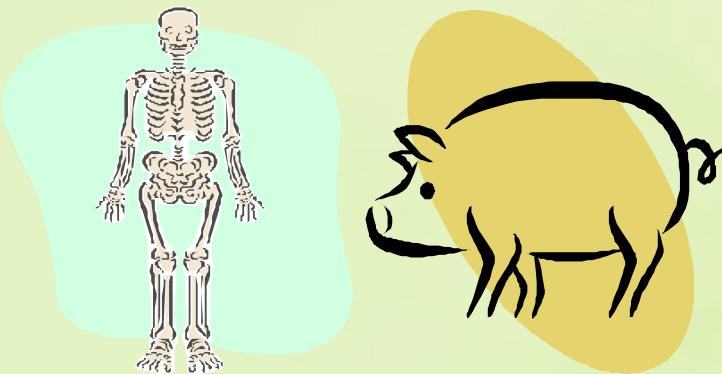


- \* **EXAMPLE:** The neck is superior to the shoulders.

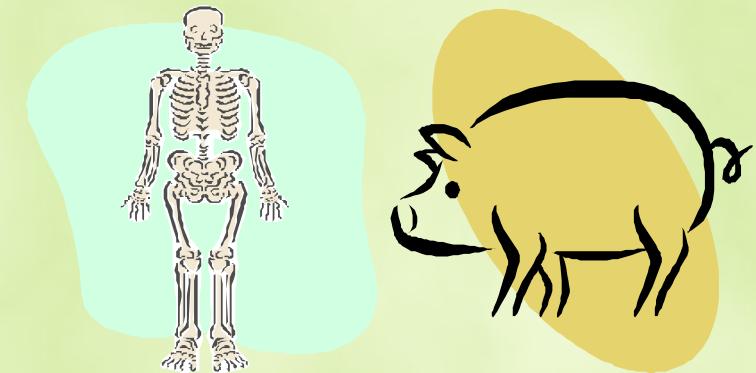
- \* **EXAMPLE:** The ankle is inferior to the knee.

# Reference Terms

- \* **Anterior (Ventral):**  
Toward the front  
(Belly).



- \* **Posterior (Dorsal):**  
Away from the front.

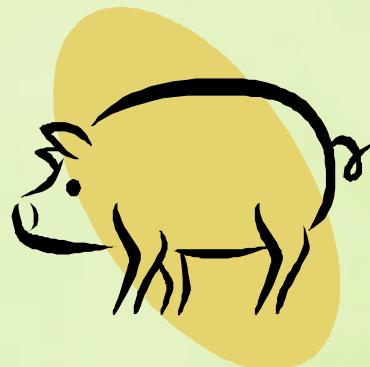
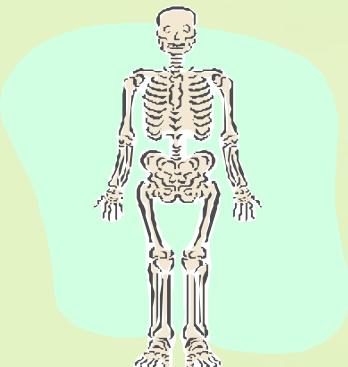


- \* **EXAMPLE:** The nose is anterior to the ears.

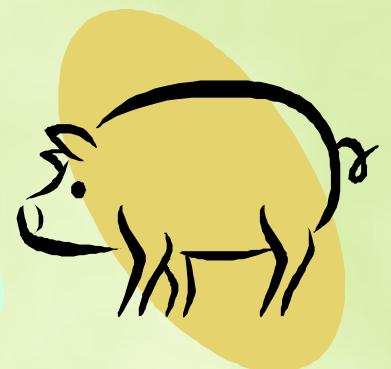
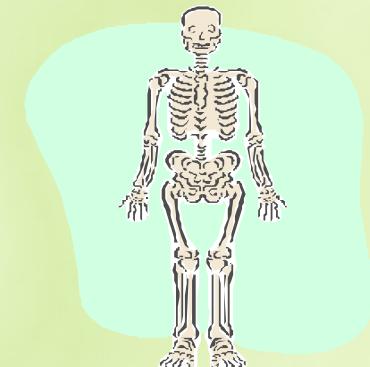
- \* **EXAMPLE:** The spine is posterior to the ribs.

# Reference Terms

- \* **Medial:** Toward the center (Median Plane.)



- \* **Lateral:** Away from the center (Median Plane.)

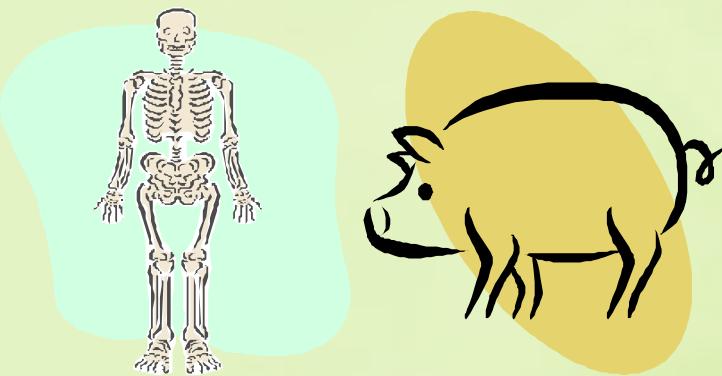


- \* **EXAMPLE:** The nose is medial to the ears.

- \* **EXAMPLE:** The arms are lateral to the torso.

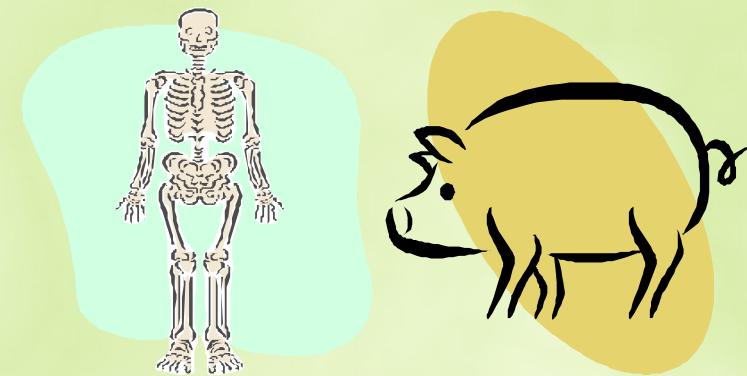
# Reference Terms

\* **Proximal:** Close to a specific reference point.



\* **EXAMPLE:** With respect to the shoulder, the elbow is proximal to the wrist.

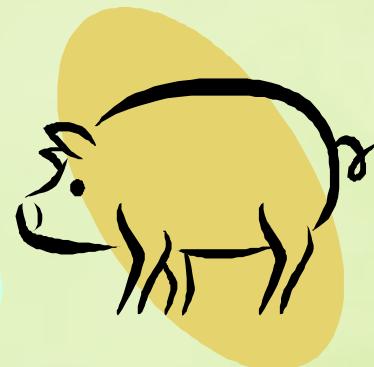
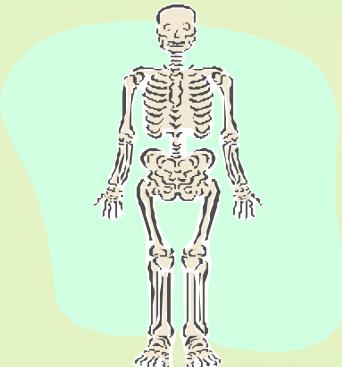
\* **Distal:** Far from a specific reference point.



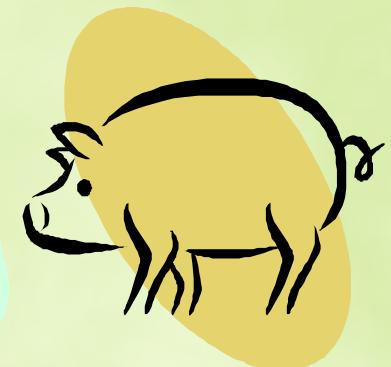
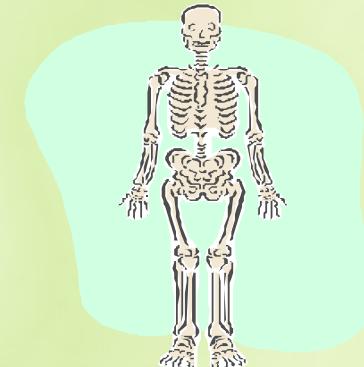
\* **EXAMPLE:** With respect to the hip, the toes are distal to the knee.

# Reference Terms

- \* **Superficial:** Toward the surface.



- \* **Deep:** Away from the surface.



- \* **EXAMPLE:** The skin is superficial to the bones.

- \* **EXAMPLE:** The heart is deep to the lungs.



Now its time to Play...

Mr. Doc Says!