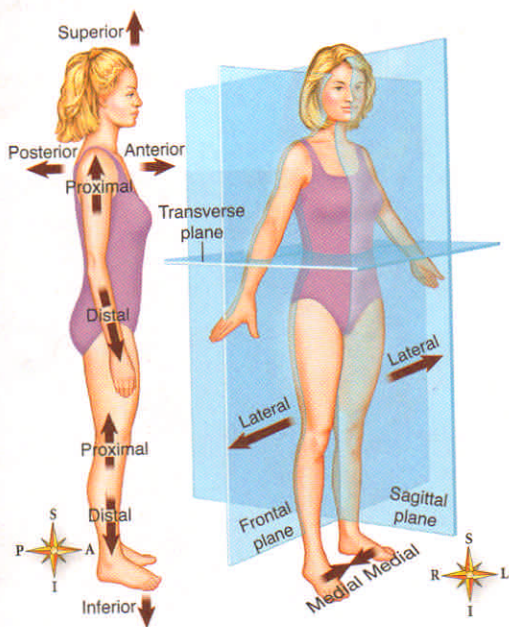


Anatomical Directions

DIRECTIONAL TERMS	DEFINITION	EXAMPLE OF USAGE
Left	To the left of body (not <i>your</i> left, the subject's)	The stomach is to the <i>left</i> of the liver.
Right	To the right of the body or structure being studied	The <i>right</i> kidney is damaged.
Lateral	Toward the side; away from the midsagittal plane	The eyes are <i>lateral</i> to the nose.
Medial	Toward the midsagittal plane; away from the side	The eyes are <i>medial</i> to the ears.
Anterior	Toward the front of the body	The nose is on the <i>anterior</i> of the head.
Posterior	Toward the back (rear)	The heel is <i>posterior</i> to the head.
Superior	Toward the top of the body	The shoulders are <i>superior</i> to the hips.
Inferior	Toward the bottom of the body	The stomach is <i>inferior</i> to the heart.
Dorsal	Along (or toward) the vertebral surface of the body	Her scar is along the <i>dorsal</i> surface.
Ventral	Along (toward) the belly surface of the body	The navel is on the <i>ventral</i> surface.
Caudad (caudal)	Toward the tail	The neck is <i>caudad</i> to the skull.
Cephalad	Toward the head	The neck is <i>cephalad</i> to the tail.
Proximal	Toward the trunk (describes relative position in a limb or other appendage)	The joint is <i>proximal</i> to the toenail.
Distal	Away from the trunk or point of attachment	The hand is <i>distal</i> to the elbow.
Visceral	Toward an internal organ; away from the outer wall (describes positions inside a body cavity)	This organ is covered with the <i>visceral</i> layer of the membrane.
Parietal	Toward the wall; away from the internal structures	The abdominal cavity is lined with the <i>parietal</i> peritoneal membrane.
Deep	Toward the inside of a part; away from the surface	The thigh muscles are <i>deep</i> to the skin.
Superficial	Toward the surface of a part; away from the inside	The skin is a <i>superficial</i> organ.
Medullary	Refers to an inner region, or medulla	The <i>medullary</i> portion contains nerve tissue.
Cortical	Refers to an outer region, or cortex	The <i>cortical</i> area produces hormones.



To make the reading of anatomical figures a little easier, an anatomical compass is used throughout this book. On many figures, you will notice a small compass rosette similar to those on geographical maps. Rather than being labeled N, S, E, and W, the anatomical rosette is labeled with abbreviated anatomical directions.



A = Anterior	P (opposite A) = Posterior
D = Distal	P (opposite D) = Proximal
I = Inferior	S = Superior
L (opposite M) = Lateral	M = Medial
L (opposite R) = Left	R = Right

Study