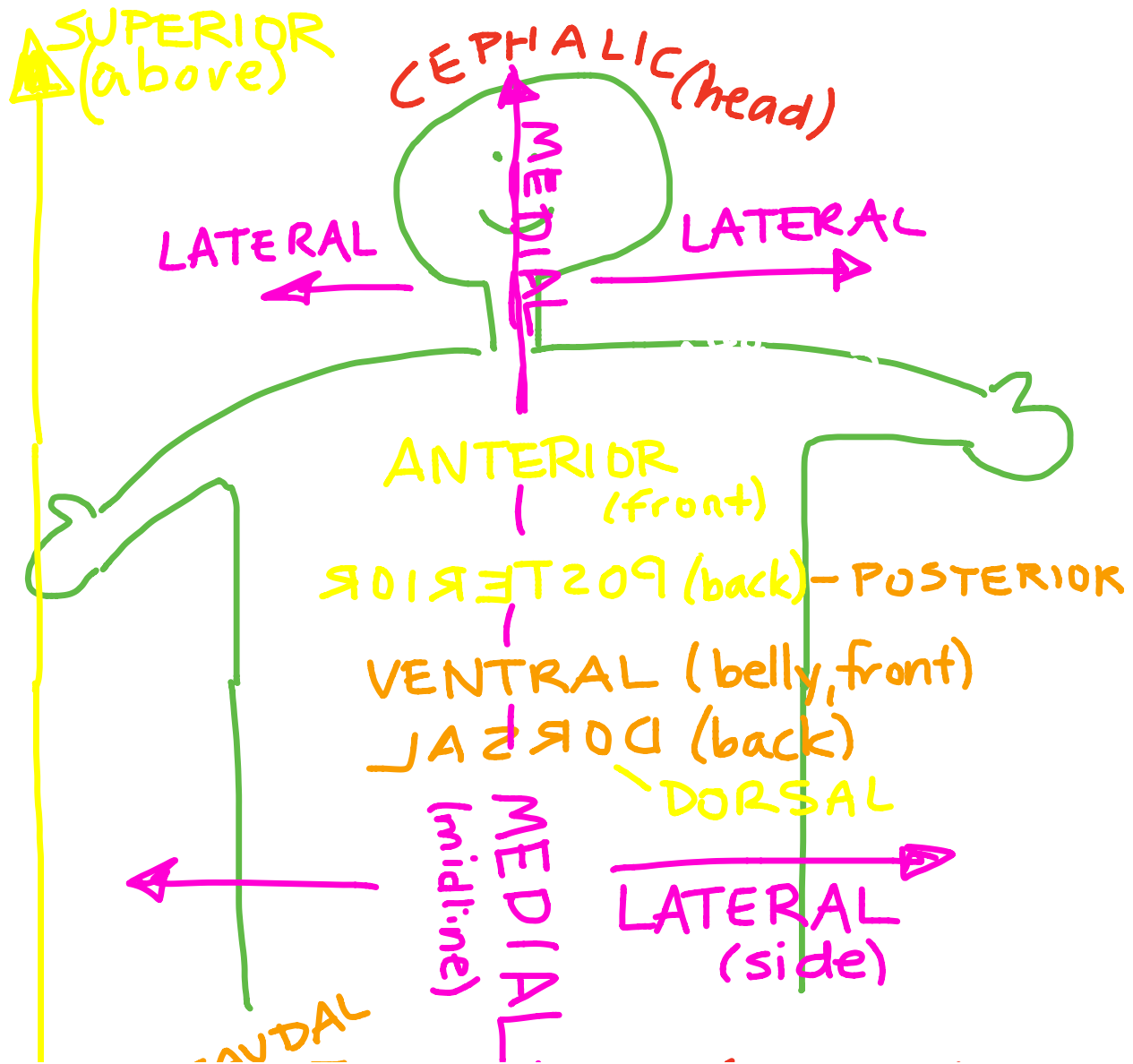


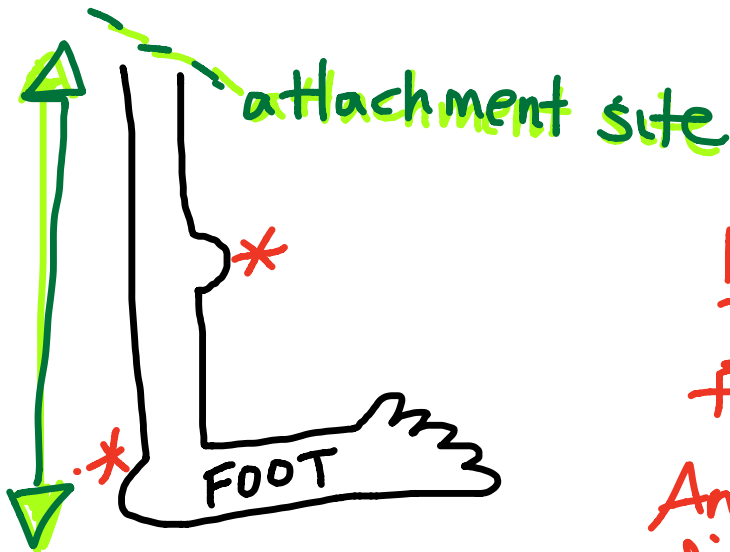
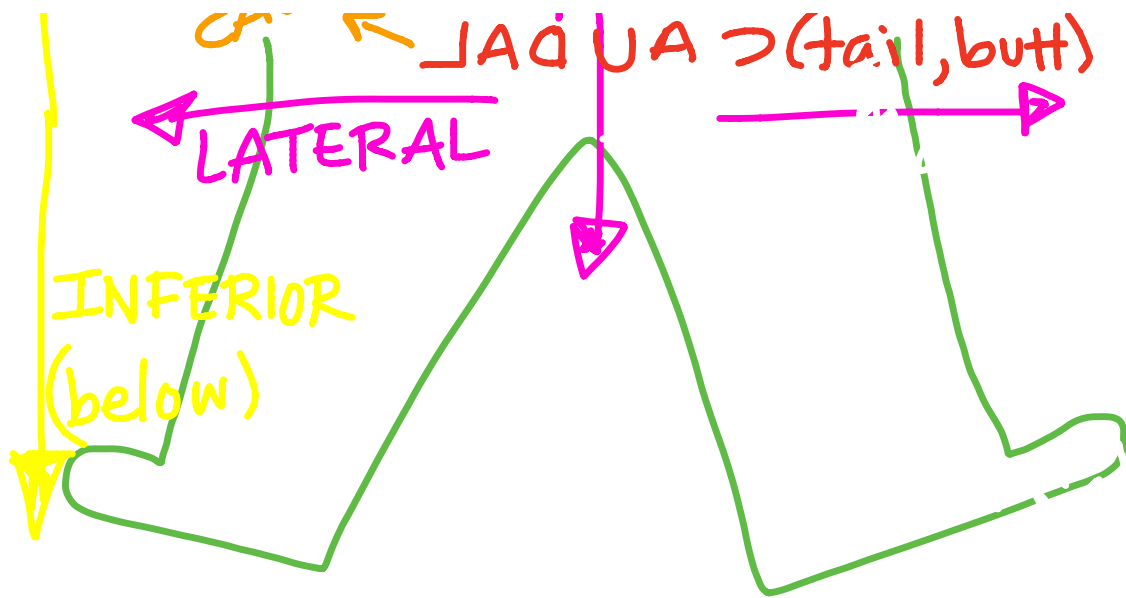
Directional Terminology

Anatomical Position = standing, palms out, arms down, face forward.

SUPINE = lying down, face up.

PRONE = lying down, face down.



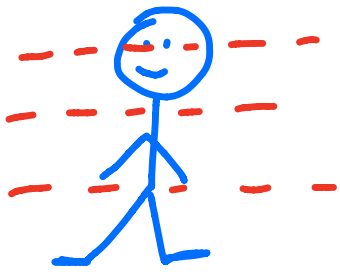


Knee is Proximal to the Ankle.

Ankle is distal to the knee.

*Arms + Legs
only use Proximal + Distal

PLANES = imaginary flat surface that divides a body in half.



TRANSVERSE PLANE

(÷ body into TOP + BOTTOM)



SAGITTAL PLANE

(÷ body into RIGHT + LEFT)

[MID-SAGITTAL (center)
PARA-SAGITTAL (off-center)]



CORONAL PLANE

(FRONTAL PLANE)

(÷ body into front + back)