

TOPICAL ANATOMY

I Anatomical Terms of Direction (Man):

Posterior:	back
Anterior:	front or belly side
Superior:	upper or higher part of body
Inferior:	lower part of body
Medial:	structures nearer the midline
Lateral:	structures farther to the side
Proximal:	near the point of attachment of a structure (limb)
Distal:	away from point of attachment of a structure (limb)
Cephalic:	relates to the head (cranial)
Caudal:	relates to the tail
Erect:	the body is standing upright
Supine:	lying on the back
Prone:	lying face downward
Laterally recumbent:	lying on the side

II Movements (effects of muscle contraction on the joints of the body)

NOTE: The body is in ANATOMICAL POSITION

Flexion:	bending (decrease in the angle between two bones)
Extension:	increase in angle between two bones
Abduction:	movement away from the midline
Adduction:	movement towards the midline

ANATOMICAL OVERVIEW

SKULL

Regions:	Face, Cranium (frontal, parietal, occipital, temporal, sphenoid)
Organs:	brain, eyes, ears, nose, mouth, nasopharynx
Artery:	temporal
Landmarks:	mastoid process, occipital ridge, orbit

NECK

Regions:	anterior, posterior
Organs:	larynx, trachea, esophagus, cervical spine, major vessels
Arteries:	carotid
Landmarks:	thyroid cartilage, spine of seventh cervical vertebrae

TRUNK

Thorax (or chest)

Regions:	anterior (pectoral, axillary), posterior
Organs:	Pleural sacs (lungs), Mediastinum (heart, great vessels, esophagus, thymus, and thyroid glands, trachea, bronchi)
Artery:	subclavian

Landmarks: jugular notch, Angle of Louis (sternal angle – between the manubrium and body of sternum), xiphoid process

Abdominopelvic

Regions: Anterior (Quadrants: RUQ, LUQ, RLQ, LLQ), epigastric, suprapubic Posterior

Organs: hollow – stomach, small intestine, appendix, large intestine, ureters, urinary bladder, urethra

solid – liver, spleen, kidneys, pancreas

reproductive: female (ovaries, Fallopian tubes, uterus, vagina)

male (all organs are outside of the body cavity: scrotum, penis)

Landmarks: umbilicus, iliac crest, anterior superior iliac spines, pubic symphysis

EXTREMITIES

Upper Extremity

Regions: shoulder girdle, arm, forearm, hand

Arteries: brachial, radial, ulna

Lower Extremity

Regions: pelvic girdle (hip), thigh, knee, leg, foot

Arteries: femoral, popliteal, posterior tibial, dorsalis pedis