

Position & Directional Terms

- **Superior (cranial):** Toward the head or upper part; above
- **Inferior (caudal):** Away from head or lower part; below
- **Anterior (ventral):** Toward or at the front; in front of
- **Posterior (dorsal):** Toward or at the back; behind
- **Medial:** Toward or at the midline
- **Lateral:** Away from the midline; sides

Anterior & Posterior Terms

- **Nasal:** nose
- **Oral:** mouth
- **Cervical:** neck
- **Acromial:** point of shoulder
- **Axillary:** armpit
- **Abdominal:** abdomen
- **Brachial:** arm
- **Antecubital:** front of elbow

Anatomical Position

- Face forward, feet slightly apart, palms out, thumbs away.
- Remember that right & left are referring to the body viewed not yours.

- **Intermediate:** Between medial or lateral
- **Proximal:** Closer to the origin or point of attachment on the trunk
- **Distal:** Away from point of attachment on the trunk
- **Superficial (external):** toward the body surface
- **Deep (internal):** Away from body surface

- **Antebrachial:** forearm
- **Pelvic:** pelvis
- **Carpal:** wrist
- **Pollex:** thumb
- **Palmer:** palm
- **Digital:** finger
- **Pubic:** genital
- **Patellar:** anterior knee
- **Crural:** leg
- **Pedal:** foot

- Tarsal: ankle
- Digital: toes
- Frontal: forehead
- Orbital: eye
- Buccal: cheek
- Mental: chin
- Sternal: breastbone
- Thoracic: chest
- Mammary: breast
- Umbilical: naval

- Coxal: hip
- Inguinal: groin
- Femoral: thigh
- Fibular or peroneal: side of leg
- Hallux: great toe
- Manus: hand
- Cephalic: head
- Otic: ear
- Occipital: back of head at the base of the skull

- Vertebral: spinal column
- Scapular: shoulder blade
- Dorsum/dorsal: back
- Olecranal: back of elbow
- Lumbar: loin
- Sacral: between the hips
- Gluteal: buttocks
- Perineal: anus to genitalia
- Femoral: thigh

- Popliteal: back of knee
- Sural: calf
- Calcaneal: heel
- Plantar: sole of foot

- Label Diagrams