

Lab 1 Checklist

Anatomical position:

1. The body is standing upright.
2. The head is facing forward.
3. The arms are at the sides of the body.
4. The palms of the hands are facing forward (with the thumbs pointing outward).
5. The legs are straight with the feet flat on the ground and slightly apart, pointing forward.

Directional terms in Anatomy:

1. **Superior (Cranial):** Toward the head or upper part of the body.
 - Example: The head is superior to the neck.
2. **Inferior (Caudal):** Away from the head, or toward the lower part of the body.
 - Example: The stomach is inferior to the lungs.
3. **Anterior (Ventral):** Toward the front of the body.
 - Example: The chest is anterior to the spine.
4. **Posterior (Dorsal):** Toward the back of the body.
 - Example: The spine is posterior to the chest.
5. **Medial:** Toward the midline of the body.
 - Example: The nose is medial to the eyes.
6. **Lateral:** Away from the midline of the body.
 - Example: The ears are lateral to the head.
7. **Proximal:** Closer to the point of attachment or origin (usually referring to limbs).
 - Example: The elbow is proximal to the wrist.
8. **Distal:** Farther from the point of attachment or origin.
 - Example: The fingers are distal to the elbow.
9. **Superficial:** Closer to the surface of the body.
 - Example: The skin is superficial to the muscles.
10. **Deep:** Away from the surface of the body.
 - Example: The bones are deep to the muscles.

Anatomical planes:

1. **Sagittal Plane:** Divides the body into left and right parts.
 - **Midsagittal (Median) Plane:** A specific sagittal plane that divides the body into equal left and right halves.
 - **Parasagittal Plane:** Any sagittal plane that is not in the midline, dividing the body into unequal left and right sections.
2. **Frontal (Coronal) Plane:** Divides the body into front (anterior) and back (posterior) parts.
 - Example: A cut along this plane would separate the chest from the back.
3. **Transverse (Horizontal) Plane:** Divides the body into upper (superior) and lower (inferior) parts.
 - Example: A cut along this plane would separate the head from the abdomen.

Key terms related to movement:

1. **Flexion:** Decreasing the angle between two body parts, typically bending a joint.
 - Example: Bending the elbow or knee.
2. **Extension:** Increasing the angle between two body parts, usually straightening a joint.
 - Example: Straightening the elbow or knee.
3. **Abduction:** Movement of a body part away from the midline of the body.
 - Example: Raising the arms to the side.
4. **Adduction:** Movement of a body part toward the midline of the body.
 - Example: Bringing the arms back to the body after abduction.
5. **Rotation:** Turning a body part around its own axis.
 - Example: Turning the head from side to side.
6. **Circumduction:** Circular movement of a limb, where the distal end moves in a circular motion while the proximal end remains relatively stationary.
 - Example: Arm circles.
7. **Pronation:** Rotating the forearm or hand so the palm faces downward or backward.
 - Example: Turning the hand palm-down.
8. **Supination:** Rotating the forearm or hand so the palm faces upward or forward.
 - Example: Turning the hand palm-up.
9. **Dorsiflexion:** Bending the foot upward, decreasing the angle between the foot and the shin.
 - Example: Lifting the toes toward the shin.
10. **Plantarflexion:** Bending the foot downward, increasing the angle between the foot and the shin.
 - Example: Pointing the toes.
11. **Elevation:** Moving a body part upward.
 - Example: Lifting the shoulders in a shrug.
12. **Depression:** Moving a body part downward.
 - Example: Lowering the shoulders after a shrug.
13. **Inversion:** Turning the sole of the foot inward.
 - Example: Rolling the ankle inward.
14. **Eversion:** Turning the sole of the foot outward.
 - Example: Rolling the ankle outward.
15. **Opposition:** Movement of the thumb to touch the fingers of the same hand.
 - Example: Bringing the thumb to the pinky.