Navigating the Body

Planes, Directions, Positions and Movements #2

p. 21-25

Please match the word to the appropriate definition.

Directions and Positions

1) _____	anterior	a)	further toward the back of the body
2) _____	deep	b)	a structure of the arm or leg that is further away from the trunk
3) _____	distal	c)	further toward the front of the body
4) _____	inferior	d)	a structure closer to the head
5) _____	lateral	e)	a structure closer to the feet
6) _____	medial	f)	a structure closer to the body's surface
7) _____	posterior	g)	a structure of the arm or leg that is closer to the trunk
8) _____	proximal	h)	closer to the midline of the body
9) _____	superficial	i)	further away from the midline of the body
10) _____	superior	j)	a structure deeper in the body

Movements of the Body

11) _____	abduction	k)	a movement that moves a limb laterally away from the midline
12) _____	adduction	l)	a limb at the shoulder or hip turns in toward the midline
13) _____	circumduction	m)	a limb at the shoulder or hip swings away from the midline
14) _____	dorsiflexion	n)	a movement bringing the radius and ulna parallel to one another
15) _____	extension	o)	ankle movement stepping on the car's gas pedal
16) _____	flexion	p)	a combination of flexion, extension, adduction and abduction
17) _____	lateral flexion	q)	when the head or vertebral column bend laterally to the side
18) _____	lateral rotation	r)	a movement of the head and vertebral column along the transverse plane
19) _____	medial rotation	s)	a movement that bends a joint or brings the bones closer together
20) _____	plantar flexion	t)	ankle movement letting off the car's gas pedal
21) _____	pronation	u)	a movement that straightens or opens a joint
22) _____	rotation	v)	a movement that brings a limb medially toward the body's midline
23) _____	supination	w)	a movement when the radius crosses over the ulna

Q *Which of these planes would separate the woman's arms?*