Anatomical Frames of Reference

**Directional Terms in Human Anatomy:**

- **Anterior**  
  Towards the front

- **Ventral**  
  Towards the front

- **Posterior**  
  Towards the back

- **Dorsal**  
  Towards the back

- **Deep**  
  Away from the surface

- **Superficial**  
  On the surface

- **Proximal**  
  Near the point of attachment or origin

- **Distal**  
  Far from the point of attachment or origin

- **Inferior**  
  Below another structure

- **Superior**  
  Above another structure

- **Medial**  
  Towards the midline

- **Lateral**  
  Away from the midline

- **Supine**  
  Lying on back

- **Prone**  
  Lying on belly

- **Contralateral**  
  On the opposite side of the body

- **Ipsilateral**  
  On the same side of the body

- **Rostral**  
  Towards the forehead or nose

- **Caudal**  
  Towards the tail or inferior end

- **Cephalic**  
  Towards the head or superior end

**Abdomen Quadrants:**

- **Right Upper**  
  Left Upper

- **Right Lower**  
  Left Lower

![Abdominal Quadrants Diagram](image-url)
Regional Terms:

cephalic = head    carpal = wrist
mammary = breast  digital = fingers/toes
nasal = nose       pubic = genital
orbital = eye      antebrachial = forearm
oral = mouth       manus = hand
 cervical = neck    abdomen = abdominal region
acromial = shoulder lumbus = lumbar (loin) region
sterna = breast bone gluteus = buttocks
axillary = armpit   pelvis = pelvic region
vertebral = spinal  inguen = groin
ockipital = base of skull crus = anterior leg
perineal = between anus & genitalia sura = calf
femoral = thigh      tarsus = ankle
thoracic = chest     pes = pedal (foot) region
costal = rib          planta = sole of foot
brachial = arm

Divisions of Spinal Column:
Cervical    Neck region C1-C8
Thoracic    Chest region T1-T12
Lumbar      Between ribs & hipbone L1-L5
Sacral      S1-S5 fused to form sacrum
Coccygeal   Coccyx (tailbone)