The Anatomical Position, Planes and Axis
(Textbook page 2-3)

Anatomical Position

Anatomists and physiologists look at the human body from this standard starting point known as the anatomical position.

The Anatomical Position

- The human body standing erect
- Face facing forward
- Arms by the sides
- Palms facing forward
- Legs straight
- Feet flat on the floor and turn out very slightly

Anatomical Planes

The anatomical position is further standardized by dividing the body into three anatomical planes. A plane is an imaginary flat surface passing through the body or organ which divides the structure.

1) Frontal (Coronal) Plane: is vertical and extends from one side of the body to the other. It divides the body into front and back sections.

2) Sagittal (Medial) Plane: is vertical and extends from the front of the body to the back. It divides the body into right and left sections.

3) Transverse (Horizontal) Plane: is horizontal and divides the body into upper and lower segments.
Axes of Rotation

The human body is also divided into anatomical axes. Axis of rotation is an imaginary line (point of rotation) that passes through a joint or the body to describe the movement.

3 Primary Axes of Rotation

1. **Horizontal (Medio-Lateral) Axis:**
   - Runs from side to side
   - Perpendicular to Sagittal Plane
   - Typically flexion/extension

2. **Antero-Posterior (Sagittal) Axis:**
   - Runs from front to back
   - Perpendicular to the Coronal Plane
   - Typically abduction/adduction movements

3. **Longitudinal (Vertical) Axis:**
   - Runs straight through the top of the head down between the feet
   - Perpendicular to the Transverse Plane
   - Typically a rotation type of movement

### Summary of the three planes and axes of rotation

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<tr>
<th>Anatomical Plane</th>
<th>Perpendicular Axis</th>
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<td>Horizontal (Medio-Lateral)</td>
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<tr>
<td>Frontal (Coronal)</td>
<td>Antero-Posterior (Sagittal)</td>
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<tr>
<td>Transverse (Horizontal)</td>
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