Anatomical Position and Terms for Direction
Body Planes: Frontal, Transverse, Sagittal
**Terms of Position and Direction: Front to Back**

- **Anterior** - Front of the body
- **Anteroposterior** - passing from the anterior of the body to the posterior
- **Posterior** - towards the back of the body
- **Posteroanterior** - passing from the posterior of the body to the anterior
- **Dorsal** - back of the body; posterior
- **Ventral** - front of the body; anterior
Terms of Position and Direction: Head to Tail

- **Caudal** - towards the tailbone
- **Cephalic** - toward the head
- **Superior** - body part located above another body part or closer to the head
- **Inferior** - body part is located below another part or closer to the feet
Terms of position and Direction: Left to Right

- **Lateral** - towards the outside of the body
- **Medial** - towards the midline of the body
**Terms of Position and Direction:**

**Distal** - Away from the point of origin (only with extremities)

**Proximal** - Closer to the point of origin
**Terms of Position and Direction: Lying Down**

**Prone** - Lying face down with the palms facing downward

**Supine** - Lying on the back with the palms facing upward
Terms of Position and Direction: Skin to Bone

**External** - outer part of the body

**Internal** - deep within the body