ANATOMY FLASHCARDS - CHAPTER 1

The Language of Anatomy

Corrina R. Lynch | Cover the answer to practice. Cut on horizontal lines; fold at the center line.

QUESTION / TERM	ANSWER / EXPLANATION
1-01 **What is anatomical position?**	Standing upright, facing forward, arms at the sides, palms forward, and feet directed forward.
1-02 **What does superior mean?**	Toward the head or above another structure. The chest is superior to the abdomen.
1-03 **What does inferior mean?**	Toward the feet or below another structure. The stomach is inferior to the heart.
1-04 **What does anterior mean?**	Toward the front of the body. The sternum is anterior to the heart.
1-05 **What does posterior mean?**	Toward the back of the body. The vertebral column is posterior to the sternum.

Source alignment: Anatomy for Coders Instructor Guide, Chapter 1, pp. 4-5.

Supplementary reference: OpenStax, Anatomy and Physiology 2e (openstax.org). Original review wording.

Study aid for anatomy review. Course chapter numbers follow your Anatomy for Coders guide.

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QUESTION / TERM	ANSWER / EXPLANATION
1-06 **What does medial mean?**	Toward the body's midline. The nose is medial to the eyes.
1-07 **What does lateral mean?**	Away from the midline. The ears are lateral to the nose.
1-08 **What does proximal mean?**	Closer to a limb's attachment or a structure's origin. The elbow is proximal to the wrist.
1-09 **What does distal mean?**	Farther from a limb's attachment or a structure's origin. The fingers are distal to the wrist.
1-10 **What does superficial mean?**	Closer to the body surface. Skin is superficial to skeletal muscle.

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QUESTION / TERM	ANSWER / EXPLANATION
1-11 **What does deep mean?**	Farther from the body surface. Bone is deep to the skin.
1-12 **What does a sagittal plane divide?**	The body into right and left portions. A midsagittal plane divides it into equal right and left halves.
1-13 **What does a coronal plane divide?**	The body into anterior and posterior portions. Coronal is also called frontal.
1-14 **What does a transverse plane divide?**	The body into superior and inferior portions. It is also called a horizontal plane.
1-15 **What is laterality?**	The side involved: right, left, or both sides. Use the patient's side, not the observer's.

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QUESTION / TERM	ANSWER / EXPLANATION
1-16 **Unilateral versus bilateral?**	Unilateral means one side. Bilateral means both sides.
1-17 **What is in the thoracic cavity?**	The lungs and mediastinum, which contains the heart and other structures. The diaphragm separates it from the abdominal cavity.
1-18 **Abdominal versus pelvic cavity?**	The abdominal cavity contains organs such as the liver, stomach, and intestines. The pelvic cavity contains structures such as the urinary bladder and internal reproductive organs.
1-19 **What do RUQ, LUQ, RLQ, and LLQ mean?**	Right upper, left upper, right lower, and left lower abdominal quadrants. Right and left refer to the patient.
1-20 **Case: What does distal right radius tell you?**	Bone: radius. Segment: near the wrist. Side: right. Distal does not simply mean far from the whole body.

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