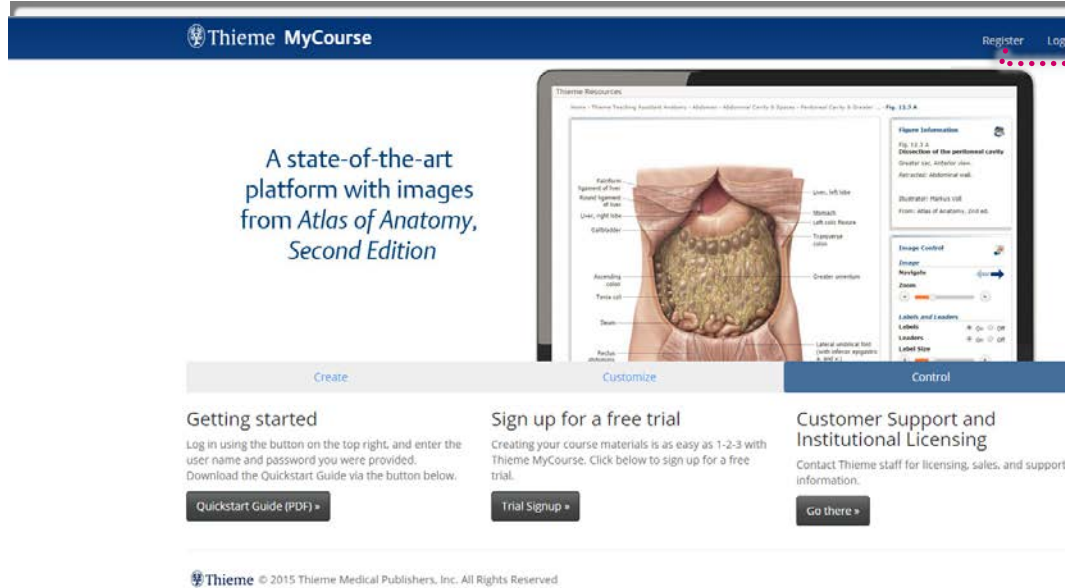


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Introduction to Anatomic Systems and Terminology

1.1 Terms of Location and Direction, Cardinal Planes and Axes

- All locational and directional terms used in anatomy, and in medical practice, refer to the human body in the **anatomic position**, in which the body is upright, arms at the side, with the eyes, palms of the hands, and feet directed forward (Fig. 1.1, Table 1.1).

The diagram shows a human figure from the waist up, facing forward. The left side of the figure is shaded to show internal organs. Directional terms are indicated with arrows: Lateral (right side), Medial (left side), Caudal (down), Cranial (up), Posterior (back), Anterior (front), Ulnar (inner side of forearm), Radial (outer side of forearm), Distal (further from the body), and Palmar (palm side of hand).

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