

Table 1.1 Chart of Anatomical Terms

| Term | Synonyms | Term defined |
|-------------|---------------------|--|
| Anterior | Ventral Palmar | Toward the front of the body |
| Posterior | Dorsal | Toward the back side of the body |
| Superior | Cranial Cephalic | Toward the head |
| Inferior | Caudal | Moving away from the head toward the feet |
| Medial | — | Toward the midline of the body |
| Lateral | — | Away from the midline of the body |
| Proximal | — | A position or attachment on the body that is in closer proximity to the trunk or origin of reference |
| Distal | — | A position or attachment on the body that is farther away from the trunk or origin of reference |
| Superficial | — | Nearer to the surface of the skin |
| Deep | — | Farther from the surface of the skin |
| Central | — | Nearer or closer to the center of a structure or system |
| Peripheral | — | Farther away from the center of a structure or system |
| Visceral | — | The covering of an internal organ |
| Parietal | — | The external wall of a body cavity |

Adapted from K.L. Moore, 1992, *Clinically oriented anatomy*, 3rd ed. (Baltimore: Williams & Wilkins).

From S. Shultz, P. Hougum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).