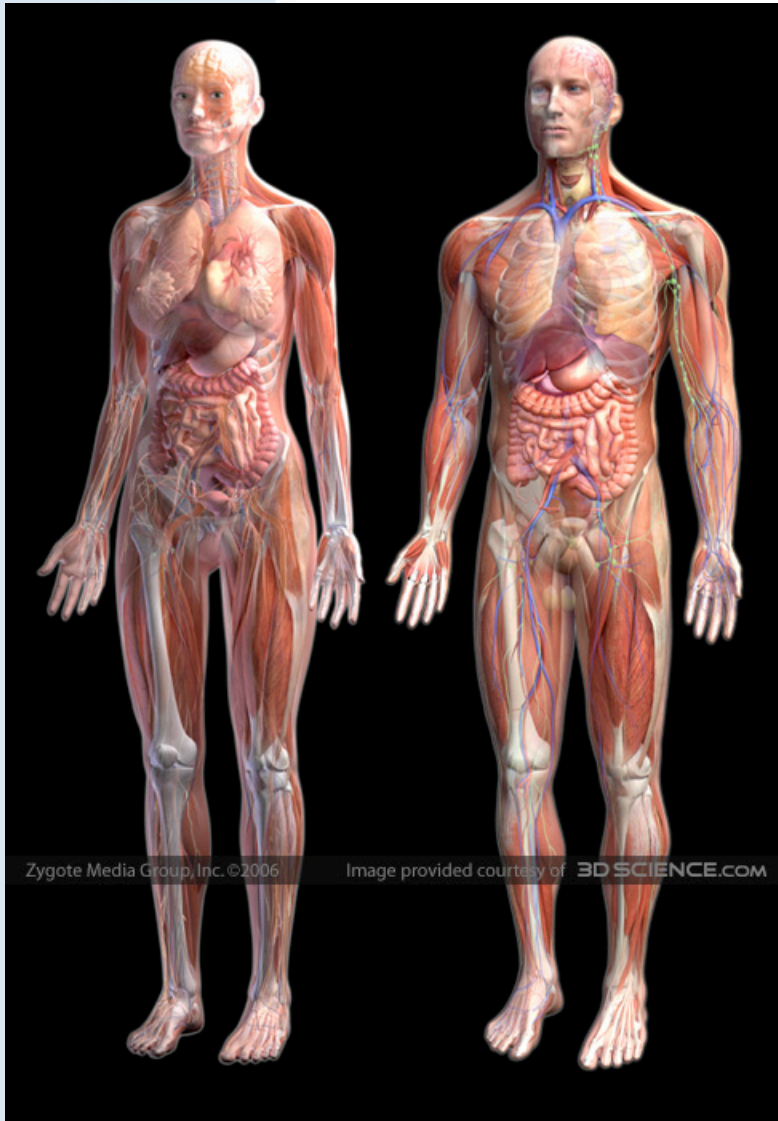


# Anatomical Reference Point



- Erect Standing
- Feet separated slightly
  - Toes pointed forward
- Arms hanging at sides
- Palms facing Forward

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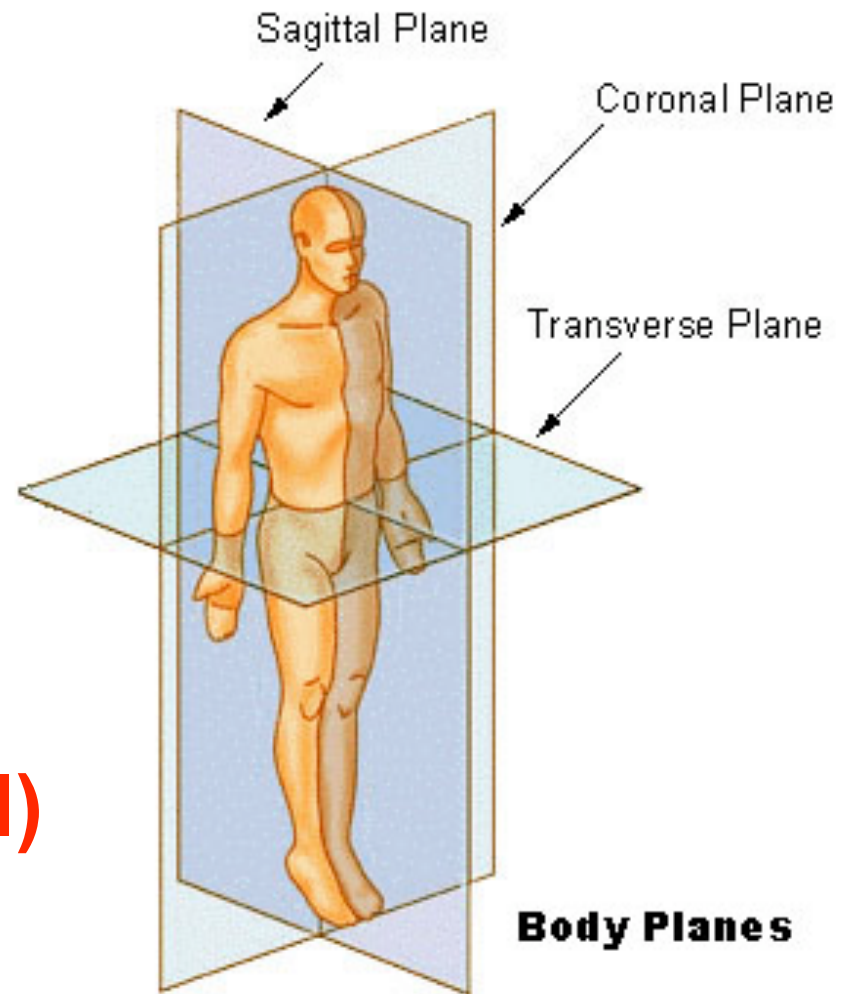
Image provided courtesy of [3DSCIENCE.COM](http://3DSCIENCE.COM)

# Planes of Motion



## Plane : 2D surface

- Divides body in 2 halves
- Motion occurs *in a plane*.
- Anatomical Planes
  - **Sagittal**
  - **Frontal (coronal)**
  - **Transverse (horizontal)**
  - **Diagonal (oblique)**



# Axes of Motion



## Axis : Always perpendicular to plane

Motion occurs *around an axis* at a  $90^\circ$  angle to plane of movement

### Anatomical Axes

- **Mediolateral Axis** for Sagittal plane
- **Anteroposterior Axis** for Frontal plane
- **Longitudinal Axis** for Transverse plane
- **Oblique Axis** for Diagonal plane

# Name the Plane and Axis



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

