

- Anterior: toward the ventral side
- Posterior: toward the dorsal side
- Cephalic: toward the head or superior end
- Rostral: toward the forehead or nose
- Caudal: toward the tail or inferior end
- Superior: above
- Inferior: below
- Medial: toward the median plane
- Lateral: away from the median plane
- Proximal: closer to the point of attachment or origin
- Distal: farther from the point of attachment or origin
- Ipsilateral: on the same side of the body
- Contralateral: on opposite sides of the body
- Superficial: closer to the body surface
- Deep: further from the body surface

Major Body Regions

- Appendicular region
 - Consists of the upper and lower limbs
 - Can be further divided into anatomic terms already covered
- Axial region
 - Consists of the head, neck, and trunk/torso
 - Can further divide the torso into regions
 - Has a thoracic region above the diaphragm
 - Has an abdominopelvic region below the diaphragm
 - Can be further divided into 4 abdominopelvic quadrants
 - Can be alternately divided into 9 abdominopelvic regions

4 Abdominopelvic Quadrants

- 2 perpendicular lines through navel
- Left and right refers to patient
 - RUQ: liver, gall bladder, duodenum, right kidney
 - RLQ: appendix, right ovary
 - LUQ: stomach, spleen, pancreas, left kidney
 - LLQ: sigmoid colon, left ovary

Contrast Abdominopelvic Quadrants and Regions

- 2 mid-clavicle vertical lines
- Subcostal horizontal line at 10th ribs
- Intertubercular horizontal lines at ASIS
 - ASIS: anterior superior iliac spine
- Left and right hypochondriac regions
- Epigastric region
- Left and right lumbar regions
- Umbilical region