


FIGURE 2.15 The abdomen is frequently subdivided into nine regions. The upper vertical planes are positioned lateral to the rectus abdominis muscles, the upper horizontal plane is positioned at the level of the rib cage, and the lower horizontal plane is even with the upper border of the hipbones.

Trunk

The **trunk**, or *torso*, is the portion of the body to which the neck and upper and lower extremities attach. It includes the thorax, abdomen, and pelvic region.

Thorax

The thorax (*thor'aks*), or **thoracic** (*thō-ras'ik*) **region**, is commonly referred to as the chest. The **mammary region** of the thorax surrounds the nipple and in sexually mature females is enlarged as the breast. Between the mammary regions is the **sternal region**. The armpit is called the **axillary fossa**, or simply the **axilla**, and the surrounding area, the **axillary region**. The **vertebral region** extends the length of the back, following the vertebral column.

 The heart and lungs are located within the thoracic cavity. Easily identified surface landmarks are helpful in assessing the condition of these organs. A physician must know, for example, where the valves of the heart can best be detected and where to listen for respiratory sounds. The axilla becomes important when examining for infected lymph nodes. When fitting a patient for crutches, a physician will instruct the patient to avoid supporting the weight of the body on the axillary region because of the possibility of damaging the underlying nerves and vessels.

thorax: L. *thorax*, chest
mammary: L. *mamma*, breast
axillary: L. *axilla*, armpit

Abdomen

The abdomen (*ab'dō-men*) is located below the thorax. Centered on the front of the abdomen, the **umbilicus (navel)** is an obvious landmark. The abdomen has been divided into nine regions to describe the location of internal organs. The subdivisions of the abdomen are diagrammed in figure 2.15 and the internal organs located within these regions are identified in table 2.4. Subdividing the abdomen into four quadrants (fig. 2.16) is a common clinical practice for locating the sites of pains, tumors, or other abnormalities.

Pelvic Region

The pelvic region forms the lower portion of the trunk. Within the pelvic region is the **pubic area**, which is covered with pubic hair in sexually mature individuals. The **perineum** (*per'i-ne'um*) (fig. 2.17) is the region containing the external sex organs and the anal opening. The center of the back side of the abdomen, commonly called the small of the back, is the **lumbar region**. The **sacral region** is located further down, at the point where the vertebral column terminates. The large hip muscles form the **buttock**, or **gluteal region**. This region is a common injection site for hypodermic needles.

Upper Extremity

The **upper extremity** is anatomically divided into the **shoulder**, **brachium** (*bra'ke-um*) (arm), **antebrachium** (forearm), and **manus** (hand) (see fig. 2.14). The shoulder is the region between

TABLE 2.4 Regions of the Abdomen and Pelvis

Region	Location	Internal Organs
Right hypochondriac	Right, upper one-third of abdomen	Gallbladder; portions of liver and right kidney
Epigastric	Upper, central one-third of abdomen	Portions of liver, stomach, pancreas, and duodenum
Left hypochondriac	Left, upper one-third of abdomen	Spleen; splenic flexure of colon; portions of left kidney and small intestine
Right lateral	Right, lateral one-third of abdomen	Cecum; ascending colon; hepatic flexure; portions of right kidney and small intestine
Umbilical	Center of abdomen	Jejunum; ileum; portions of duodenum, colon, kidneys, and major abdominal vessels
Left lateral	Left, lateral one-third of abdomen	Descending colon; portions of left kidney and small intestine
Right inguinal	Right, lower one-third of abdomen	Appendix; portions of cecum and small intestine
Pubic (hypogastric)	Lower, center one-third of abdomen	Urinary bladder; portions of small intestine and sigmoid colon
Left inguinal	Left, lower one-third of abdomen	Portions of small intestine, descending colon, and sigmoid colon

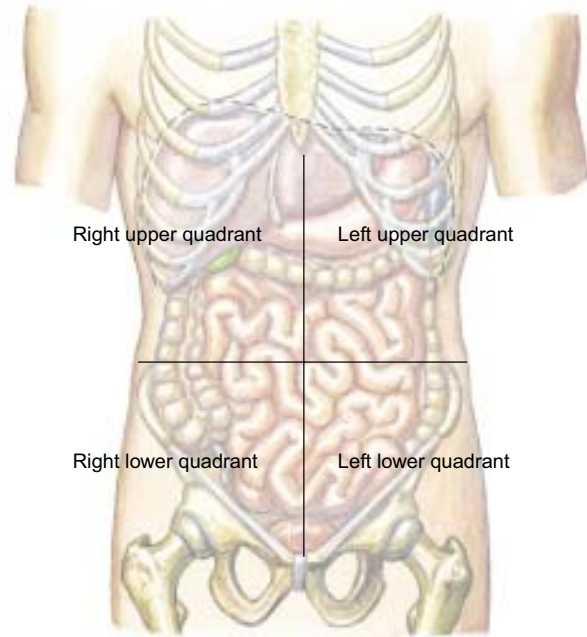
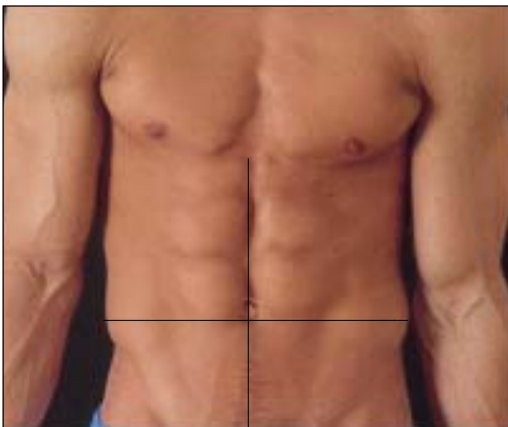


FIGURE 2.16 A clinical subdivision of the abdomen into four quadrants by a median plane and a transverse plane through the umbilicus.

the pectoral girdle and the brachium that contains the shoulder joint. The shoulder is also referred to as the **omos**, or **deltoid region**. The **cubital region** is the area between the arm and forearm that contains the elbow joint. The **cubital fossa** is the depressed anterior portion of the cubital region. It is an important site for intravenous injections or the withdrawal of blood.

The manus has three principal divisions: the **carpus**, containing the carpal bones (see fig. 7.8); the **metacarpus**, contain-

ing the metacarpal bones; and the five **digits** (commonly called fingers), containing the phalanges. The front of the hand is referred to as the **palmar region (palm)** and the back of the hand is called the **dorsum of the hand**.

Lower Extremity

The **lower extremity** consists of the **hip, thigh, knee, leg, and pes (foot)**. The thigh is commonly called the **upper leg**, or **femoral region**. The knee has two surfaces: the front surface is

cubital: L. *cubitis*, elbow