

Anatomical Planes and Directions

COLORING EXERCISE Using colored pens or pencils, shade in the figure and accompanying labels in contrasting colors of your choice as indicated by the red numerals.

PLANES

- SAGITTAL 1
- MIDSAGITTAL 2
- FRONTAL 3
- HORIZONTAL 4

DIRECTIONS

- LATERAL 5
- MEDIAL 6
- ANTERIOR 7
- POSTERIOR 8
- SUPERIOR 9
- INFERIOR 10
- PROXIMAL 11
- DISTAL 12

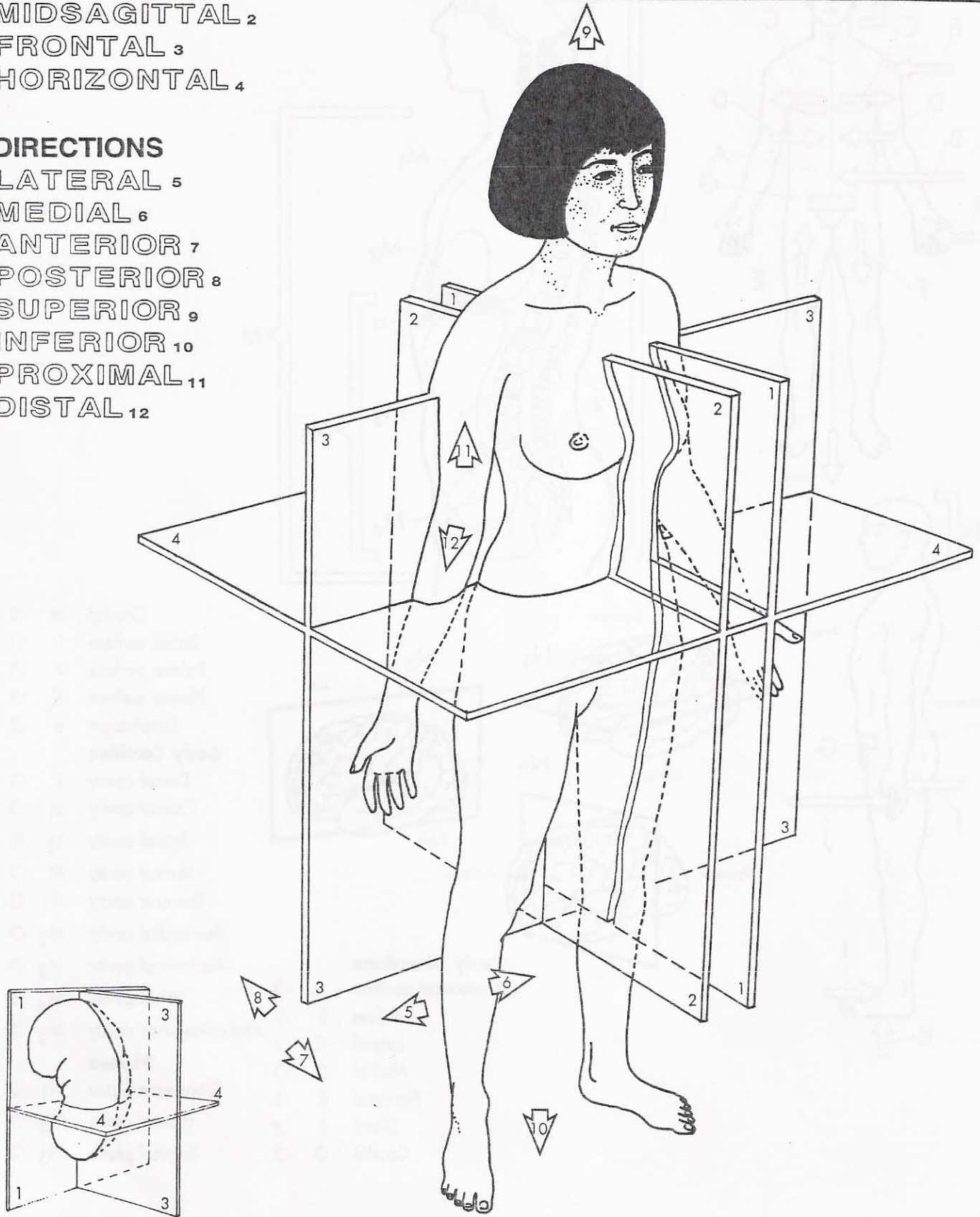


Figure 1-5