

SNS COLLEGE OF NURSING COIMBATORE-35

COURSE NAME : B.Sc., Nursing I Year

SEMESTER : I semester

SUBJECT : Applied Anatomy

UNIT : I

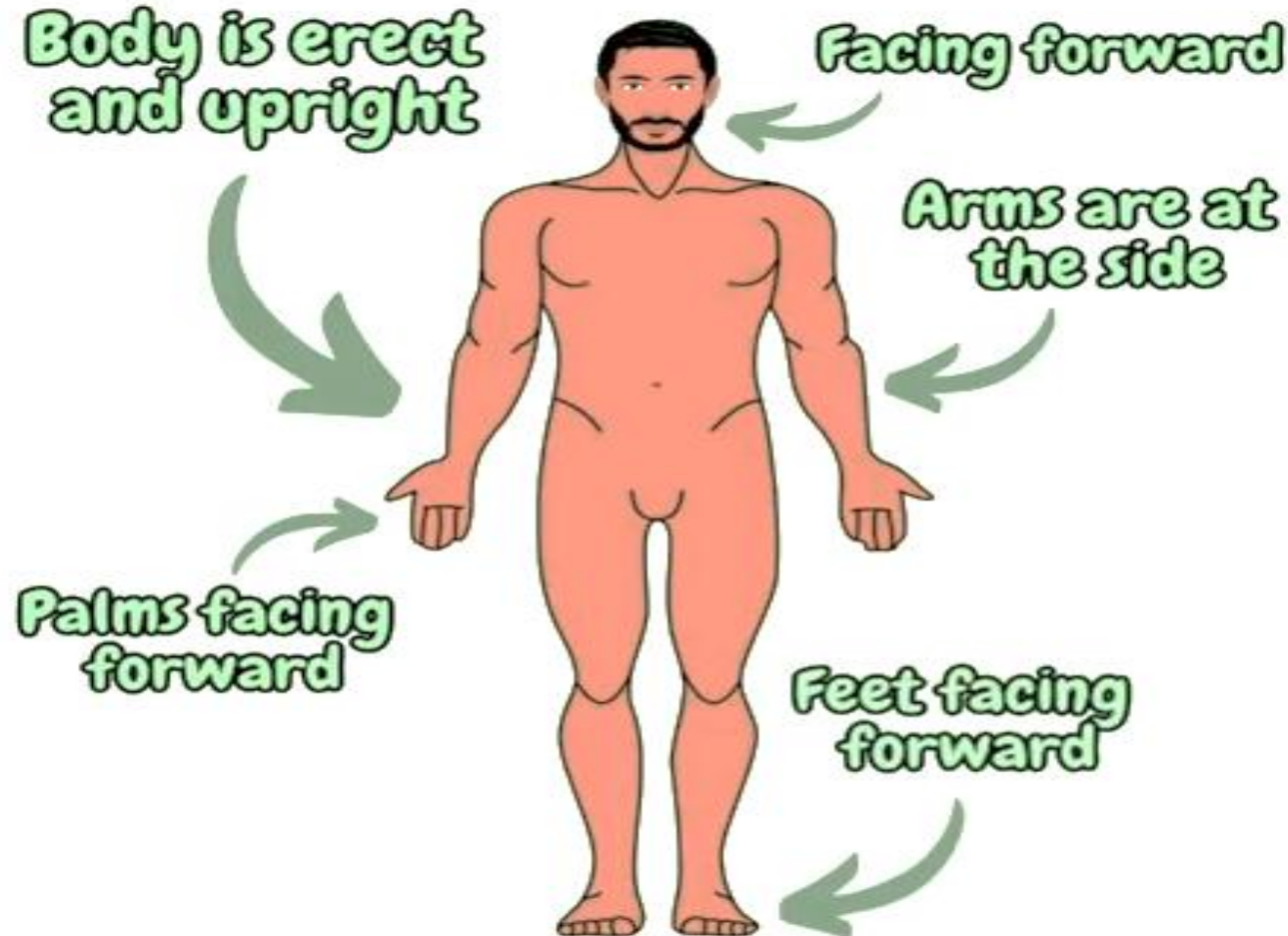
TOPIC : Anatomical Positions

PREPARED BY : Ms.Yazhini K J

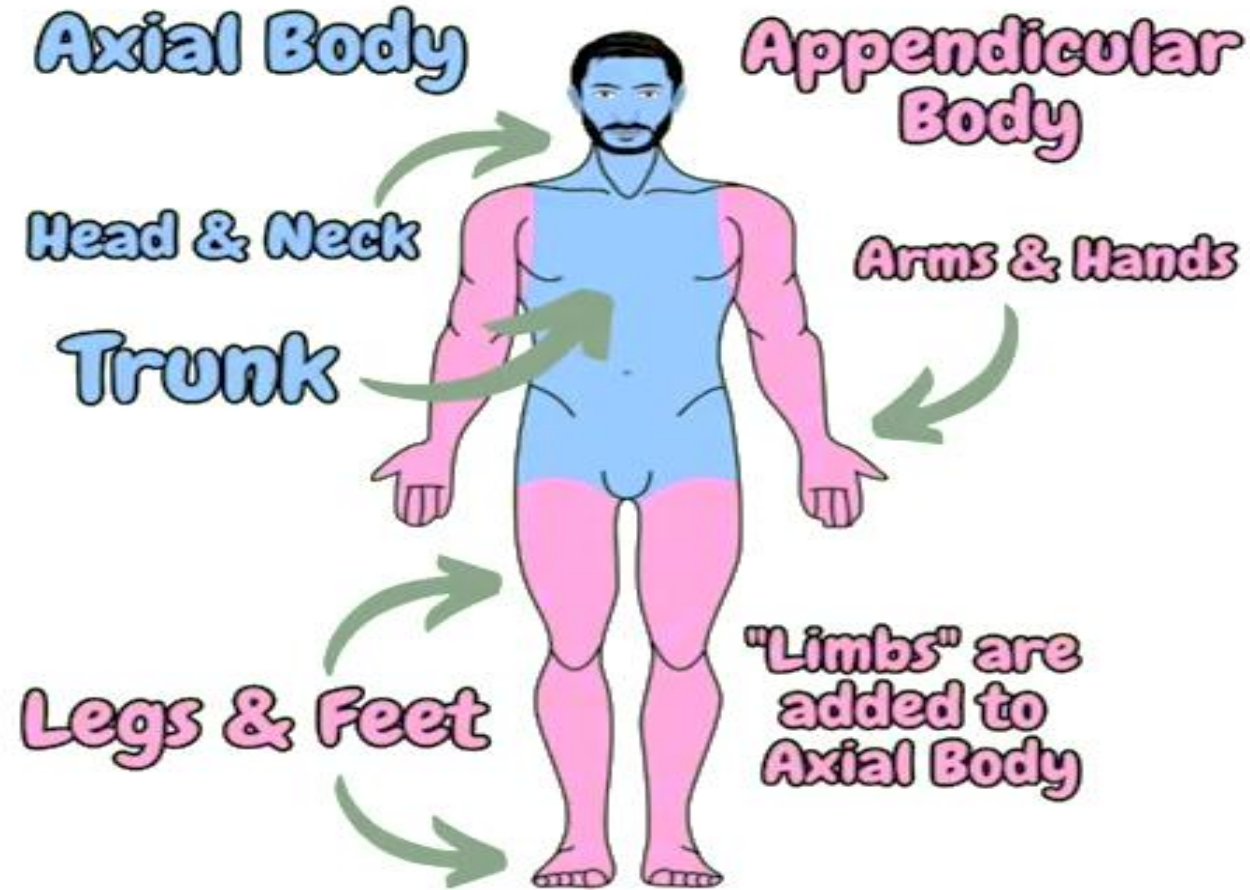
Objectives

At the end of the class students will be able to define the terms relative to the anatomical position and apply knowledge of anatomic structures to analyze clinical situations and therapeutic applications

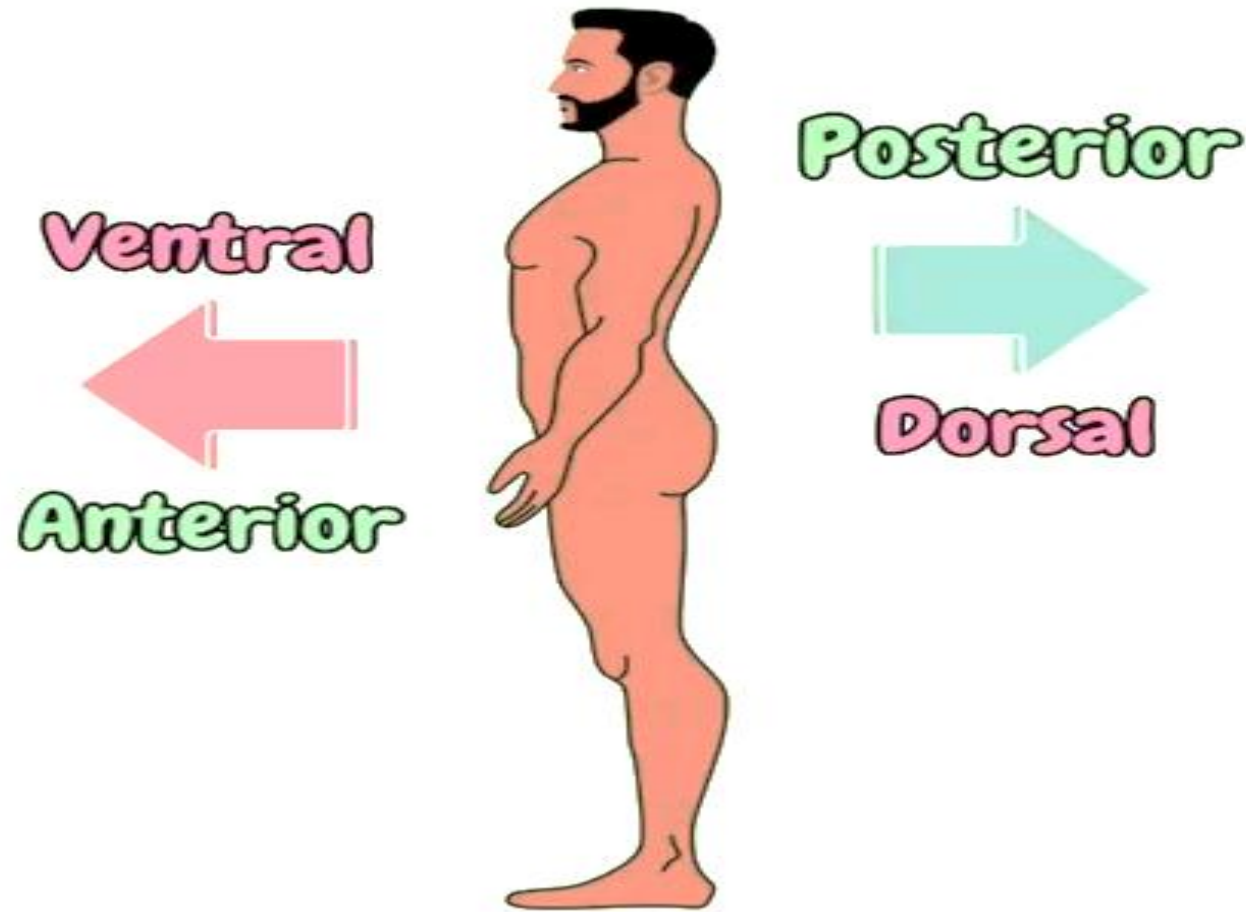
Anatomical Position

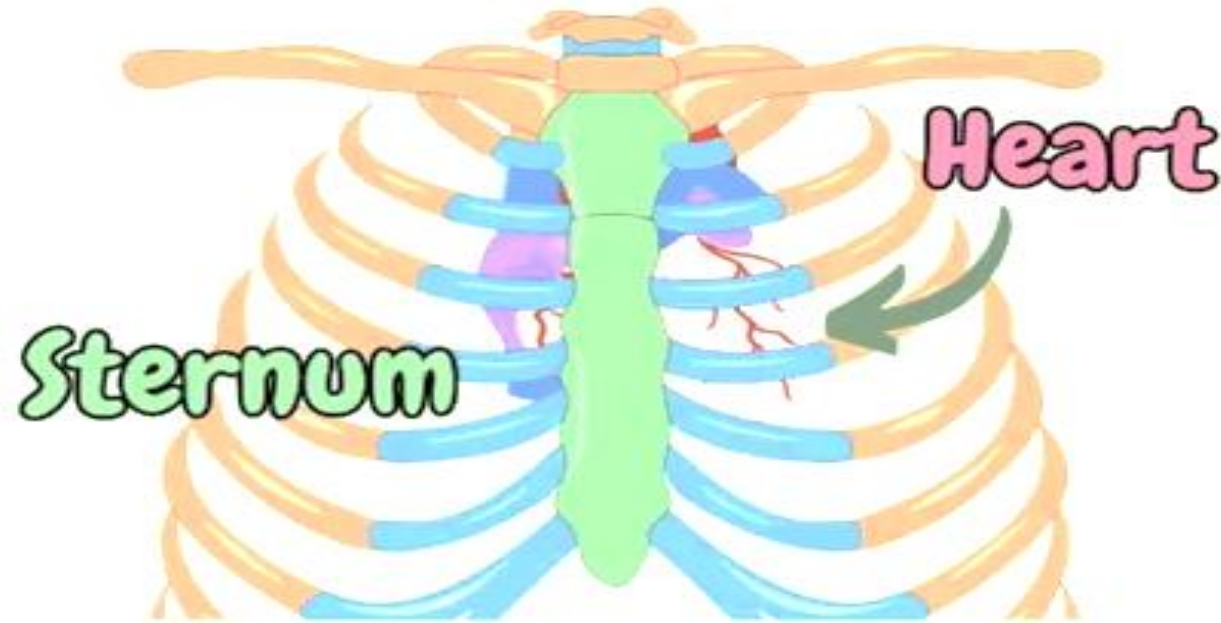


Directional Language



Anterior & Posterior





The sternum is Anterior to the heart

The heart is Posterior to the sternum

The 'Lateral' View

Lateral
view



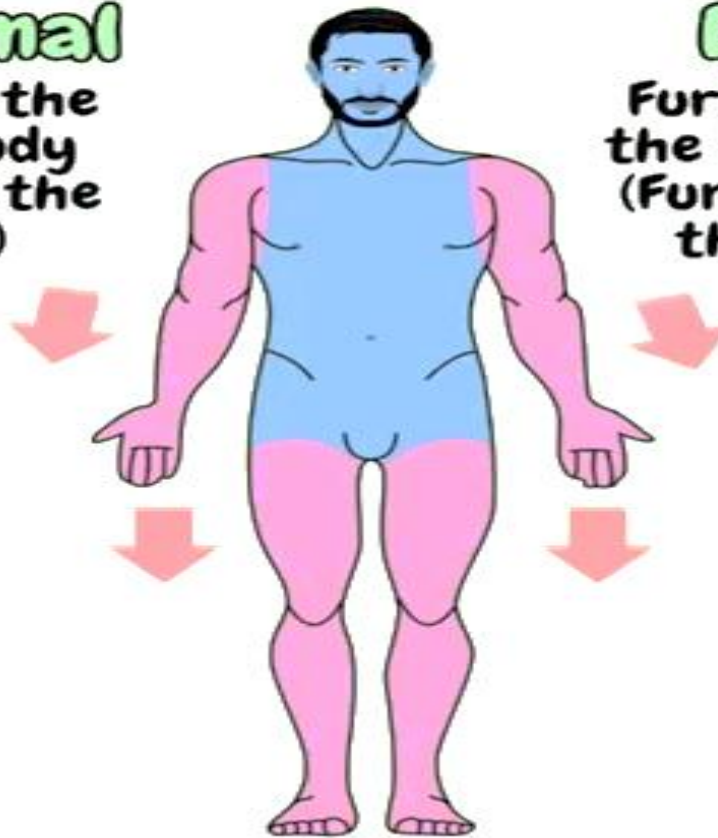
Proximal & Distal

Proximal

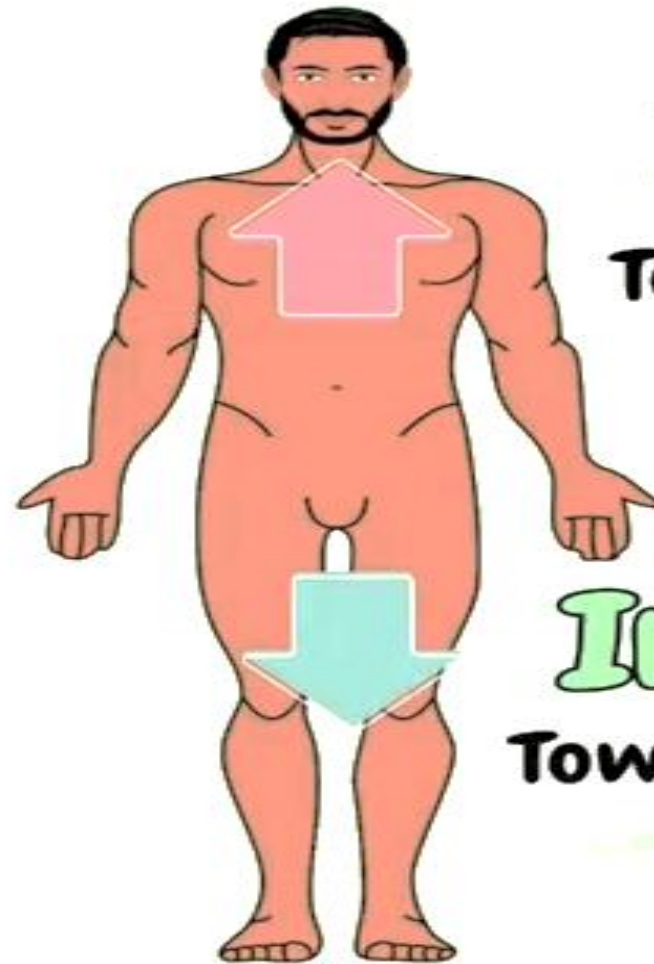
Closer to the
Axial body
(Towards the
trunk)

Distal

Further from
the Axial body
(Further from
the trunk)



Superior & Inferior



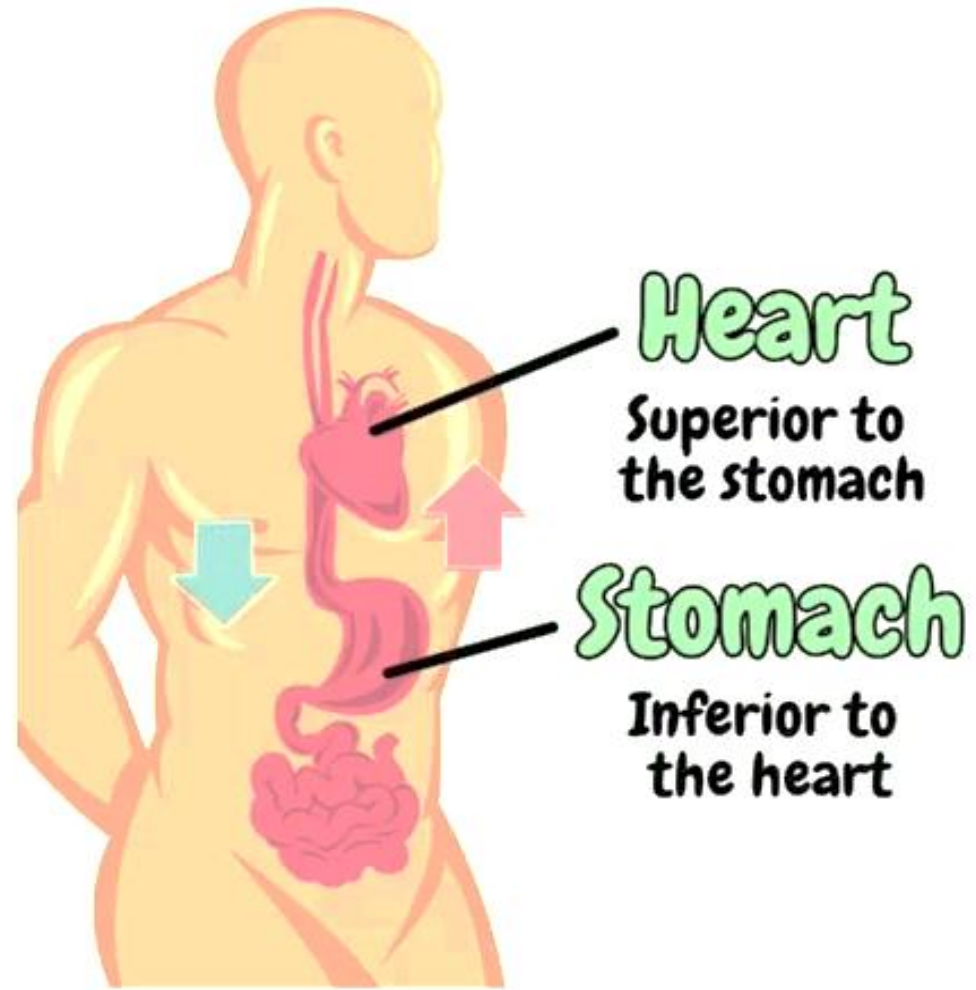
Superior

Towards the head
"Upper" or "Above"

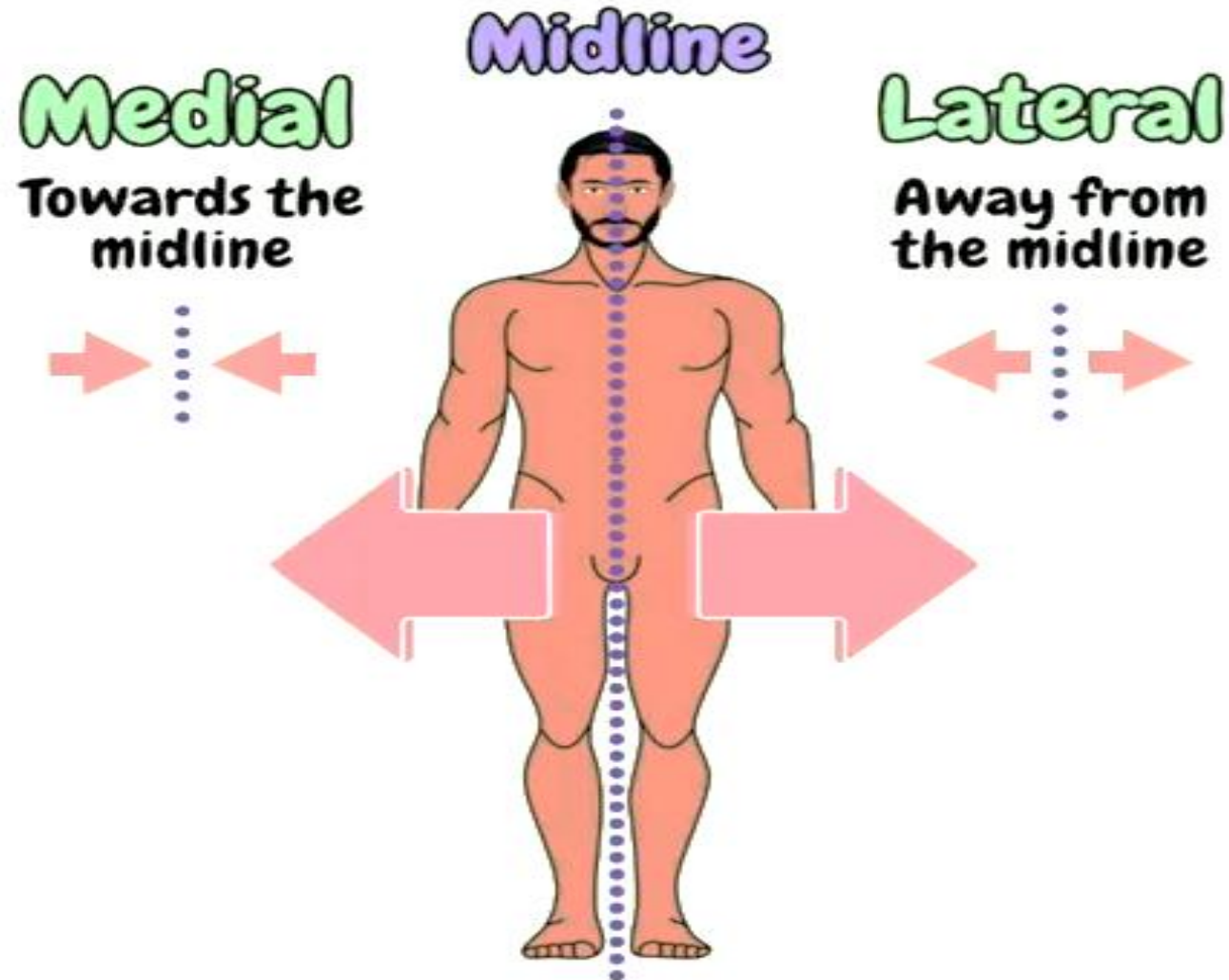
Inferior

Towards the feet

Superior & Inferior



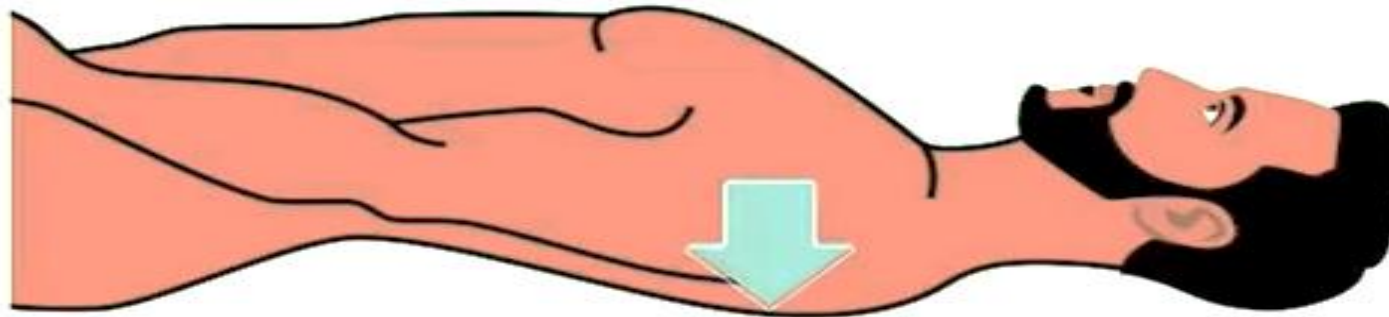
Medial & Lateral



Superficial & Deep

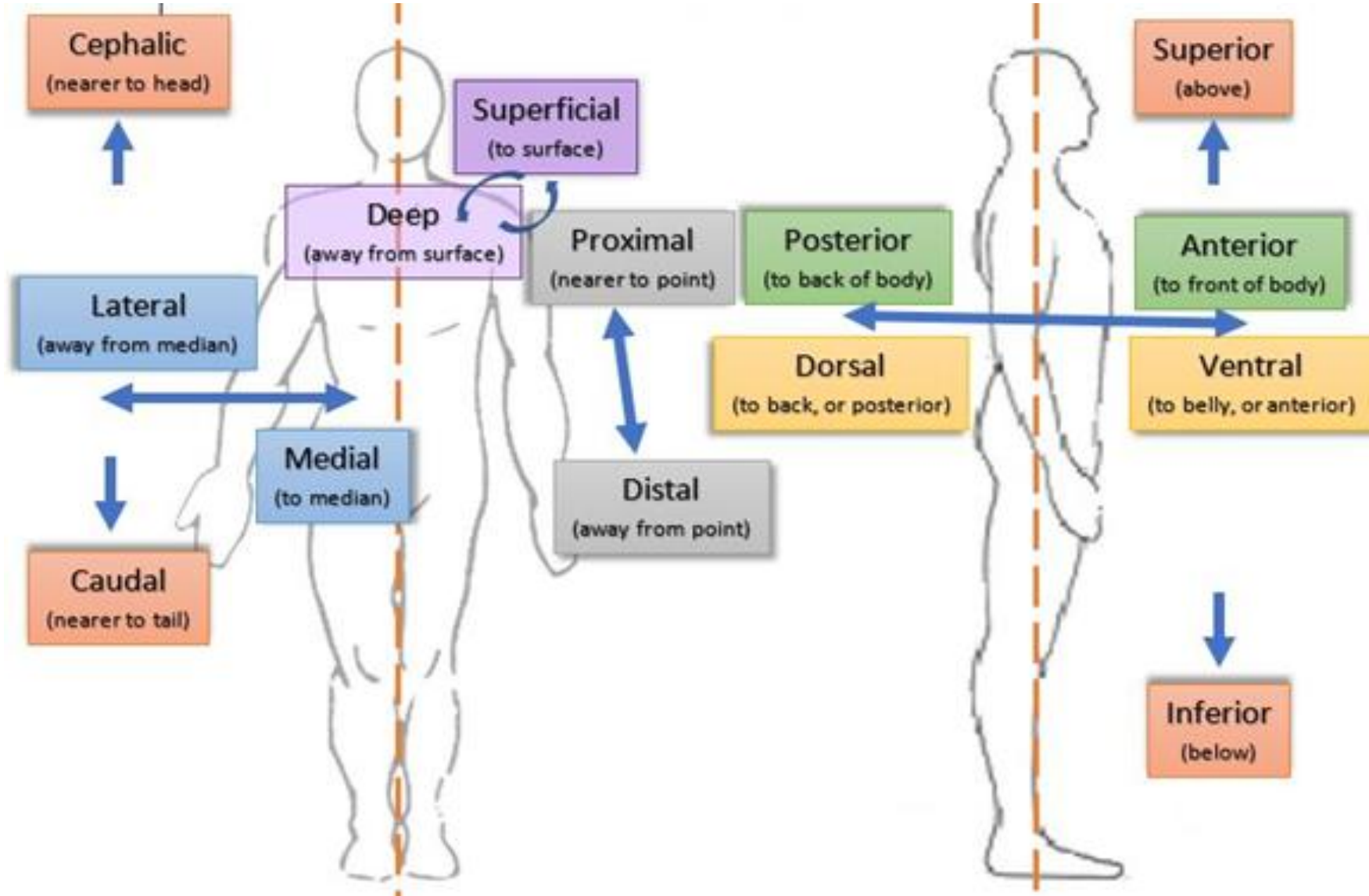
Superficial closer to the surface
(the skin) of the body

Surface of the body



Deep
further away from the
surface of the body

Mind Map



References

1. Waugh, A., & Grant, A. (2022). *Ross & Wilson pocket reference guide to anatomy and physiology* (3rd ed.). Elsevier.
2. Ashalata, P. R., & Vaz, N. A. (2024). *Textbook of applied anatomy & physiology for nurses* (3rd ed., Vols. 1–2). Elsevier

Thank
You