

Tikrit University

College of Nursing

Basic Nursing Sciences



First Year - 2023-2024

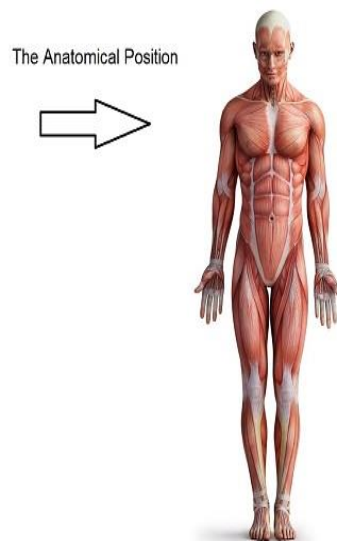
English

(Title: Anatomical Position)

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Anatomical Position

1. The person stands erect
2. The face directed forward.
3. The upper limbs are straight by sides
4. The palms of the hands are directed forward.
5. The legs close together.



Some Patient Positioning

- ❖ **Prone position;** the person lies flat with the chest down and the backup.



- **Supine position**; patient lying on his or her back.



- **left lateral position**, the patient lies on the left side of their **body**



- **right lateral position**, the patient lies on the right side of their body



❖ **Fowler's position,**

- the patient is seated in a semi-sitting position (45-60 degrees)
- is typically used for neurosurgery and shoulder surgery



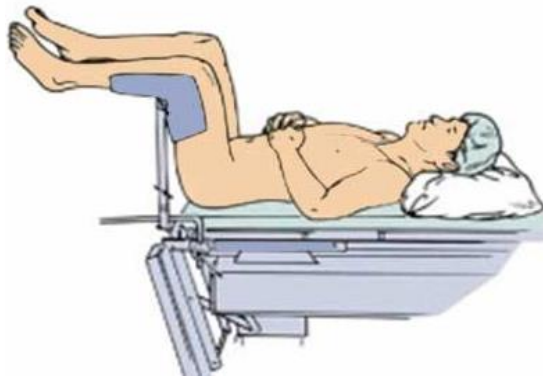
❖ **Trendelenburg position,**

- the body in supine position, on a 15–30-degree incline
- with the feet elevated above the head.
- is used in surgery, especially of the abdominal and genitourinary system.



❖ **lithotomy position** ;

- the patient lying on your back
- with your thigh flexed 90 degrees at your hips joint.
- Your knees will be bent at 70 to 90 degree ,
- can be used during childbirth



❖ **Anatomical Planes**

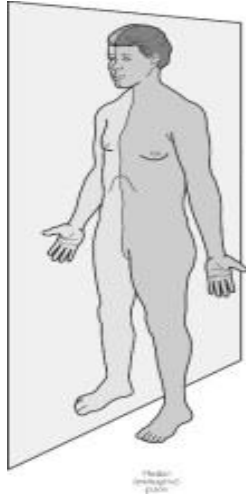
A. Transverse Plane

- ❖ it divides the body into upper and lower parts

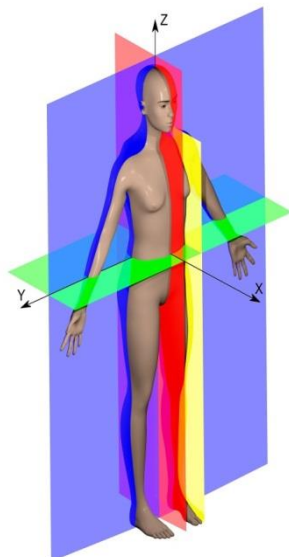


B. Vertical plane

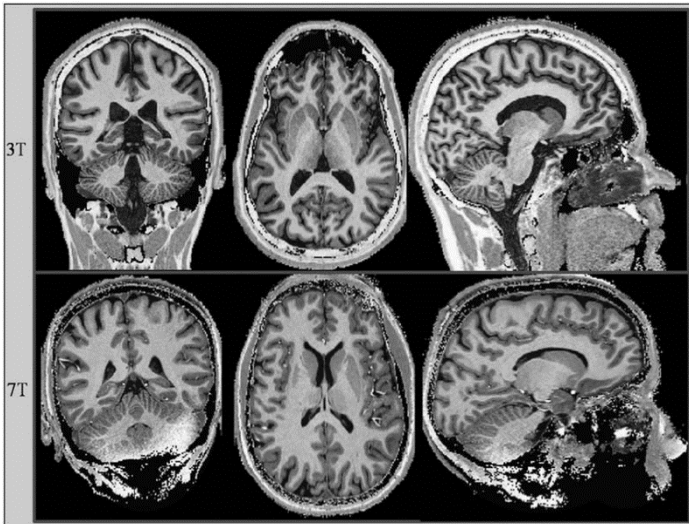
- **mid sagittal plane (median plan);**
 - is a vertical plane passes through the middle of body,
 - it divides the body into equal right and left halves



- **. parasagittal plane**
 - ❖ parallel to sagittal plane,
 - ❖ it divides the body into unequal right and left halves



- **Coronal Plane;**
- **is A vertical plane running from side to side**
- **it divides the body into anterior and posterior parts**



Anatomical terms of position

1. **Anterior (ventral)**; it means nearer to the **front** of the body
2. **Posterior (dorsal)**; it means nearer to the **back** of the body
3. **Superior (cranial)**; it means nearer to the **head**
4. **inferior (caudal)**. it means. any nearer to the **feet**
5. **Superficial** .it means **nearer to** the skin
6. **Deep**.it means **faraway** from skin
7. **Medial**.it means **nearer** to the middle line
8. **Lateral** .it means away **from** middle line
9. **proximal**: it means **nearer** to the point of origin.
10. **distal**: it means **far away** from the point of origin

