

GATHER THE FOLLOWING SUPPLIES!!

1- cardboard tube

1 of each-black, red, green, blue markers or colored pens/pencils

You may want a purple, orange *OR* brown marker too.

NOT SO FLAT STANLEY

Planes and Directional Terms

SET ANTERIOR AND POSTERIOR

Draw a stick figure on one side of the cardboard tube.

Put a face on the head. This is your **anterior (ventral)** side

Label **Anterior (ventral)** under the feet.

On the opposite side draw another stick figure

(the 2 figures need to line up like they are the same body).

Label this side **Posterior (dorsal)**.

MIDLINE

Where is the **midline**?

Using a dotted or dashed line, in **GREEN** draw the **midline** on anterior side.

What is the other name for the midline?

ANATOMIC POSITION

Which side is **Stanley's right**?

mark this with an **R** in the top corner of his right side.

Which side is **Stanley's left**?

Mark this with an **L** in the top corner of his left side.

BODY PLANES

Mark the planes of the body in **RED**

Not yet...

PLANES

Where is the **midsaggital plane**?

Mark it with a red pencil and label it

Where is the **saggital plane**?

Mark it with a red pencil and label it

Where is the **Coronal/ Frontal plane**?

On the Stanley's left side, mark it with a red pencil and label it

Where is the **Transverse plane**?

Mark it with a red pencil and label it

DIRECTIONAL TERMS

Use only a **BLUE** pencil to mark the directional terms

SUPERIOR (CEPHALIC) AND INFERIOR (CAUDAL)

Superior and **Inferior** are in reference to what plane?

Draw a vertical line to the right the body.

Label the top of the line **Superior (cephalic)**.

Label the bottom of the line **Inferior (caudal)**.

PROXIMAL AND DISTAL

Proximal and **Distal** reference what plane?

On Stanley's right side of the anterior view draw a straight line parallel to the upper arm, from shoulder to hand.

Label the shoulder end of the line **proximal**.

Label the hand end of the line **distal**.

Do the same for Stanley's left leg, hip to foot.

MEDIAL AND LATERAL

Medial and **Lateral** reference what plane?

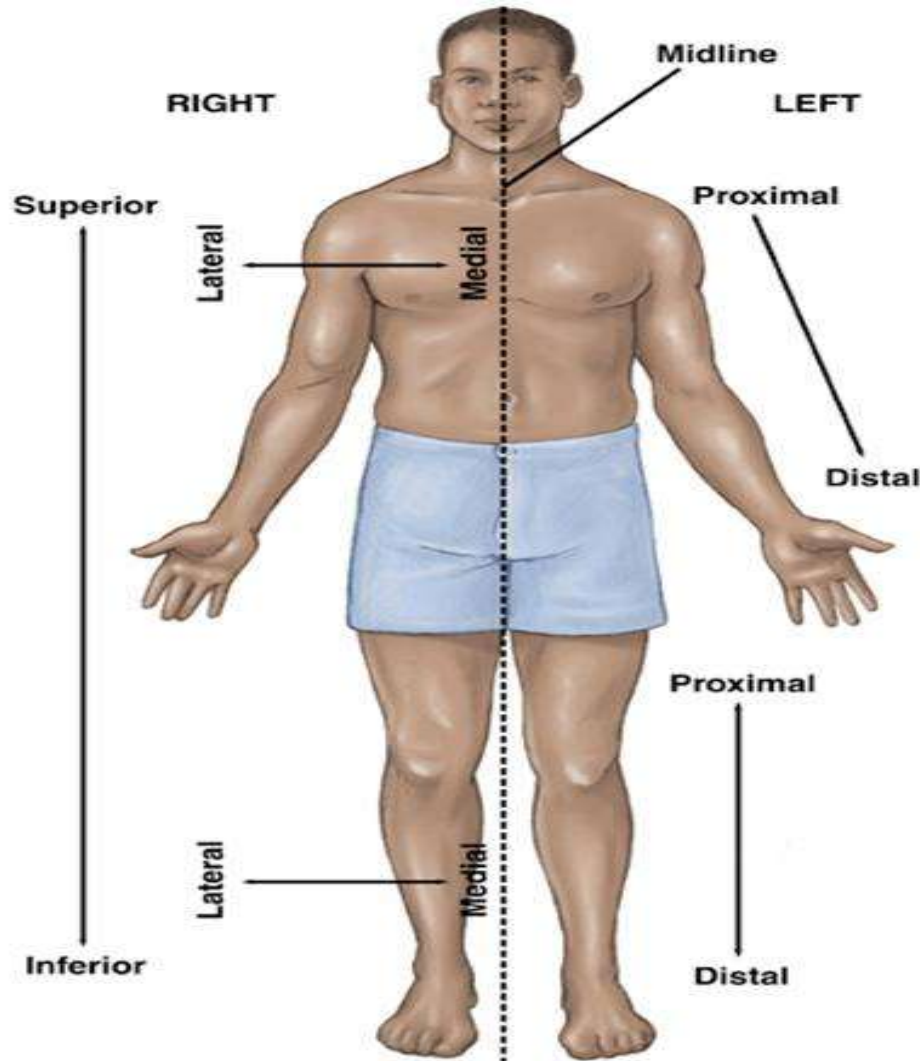
On Stanley's left side of the anterior view draw a straight line perpendicular to the midline from the chest to a little past the arm.

Label the end of the line closest to the midline **medial**.

Label the end of the line away from the midline **lateral**.

Repeat the steps Stanley's right side lower leg, knee outward.

Does
your
Stanley
look
like
this?



NOW TURN TO YOUR
STANLEY'S POSTERIOR
VIEW AND REPEAT
THE STEPS