

Superior	Above
Inferior	Below
Anterior/ Ventral	Front or in front of
Posterior/ Dorsal	Back or in back of
Medial	(midline) towards the center
Central	In the center

Peripheral	Away from the center
Lateral	Refers to the side, away from the center
Proximal	Nearest to
Distal	A point furthest from the point or origin
Superficial	A point nearest the body surface
Deep	Away from surface

Sagittal Plane	Lengthwise from front to back & divides the body into left & right sides
Median Sagittal	Produces two equal halves (containing one arm & one leg)
Frontal Plane	Runs lengthwise from side to side, dividing the body into front and back (ventral & dorsal)
Transverse Plane	(Horizontal Plane) cuts the body into upper and lower parts. (Cranial and Caudal)
Cranial	Head
Caudal	Tail

