

Creature Sculpting Vocabulary List IV - Anatomical Orientation

The basic “Anatomical Stance” is used by anatomists to describe the positions of the body parts. It is: arms extended, palms forward and head straight

COMPARATIVES

Any location on the human body can be located by orienting them with reference to the three anatomical planes or to the center of the body.

Superior - Inferior: Refers to orientation along the transverse plane

Examples:

Pectoralis Major is superior to the rectus abdominus
Gluteus Maximus is inferior to the Latissimus Dorsi

Anterior - Posterior: Refers to orientation along the coronal plane

Examples:

Pectoralis Minor is anterior to the scapularis
Triceps is posterior to the Biceps

Medial - Lateral: Refers to orientation along saggital plane

Examples:

The Brachioradialis is lateral to the Flexor Group
The Pectoralis is medial to the Deltoid

Proximal - Distal: Does not refer to any of the three body planes.
Rather it compares the distance of two parts to the center of the body.

Examples:

The radius is distal (further away from the center) to the humerus
The Femur is proximal (closer to the center) to Tibia

