

# Anatomical Directions

<b>Term</b>	<b>Definition</b>	<b>Example of Usage</b>
Left	To the left of the body (not your left, the subject's)	The stomach is to the left of the liver
Right	To the right of the body or structure being studied	The right kidney is damaged.
Lateral	Toward the side; away from the midsagittal plane	The eyes are lateral to the nose.
Medial	Toward the midsagittal plane; away from the side	The eyes are medial to the ears
Intermediate	Between a more medial and a more lateral structure	The armpit is intermediate between the breastbone and shoulder.
Anterior	Toward the front of the body	The nose is on the anterior of the head
Posterior	Toward the back (rear)	The heel is posterior to the head
Superior	Toward the top of the body	The shoulders are superior to the hips
Inferior	Toward the bottom of the body	The stomach is inferior to the heart
Dorsal	Along (or toward) the vertebral surface of the body	Her scar is along the dorsal surface
Ventral	Along (toward) the belly surface of the body	The navel is on the ventral surface
Caudad (caudal)	Toward the tail	The neck is caudad to the skull
Cephalad	Toward the head	The neck is cephalad to the tail
Proximal	Toward the trunk	The joint is proximal to the toenail
Distal	Away from the trunk or point of attachment	The hand is distal to the elbow
Visceral	Toward an internal organ	The organ is covered with the visceral layer of the membrane.
Parietal	Toward the wall: away from internal structures	The abdominal cavity is lined with the parietal membrane
Deep	Toward the inside of a part; away from the surface	The thigh muscles are deep to the skin.
Superficial	Toward the surface of a part; away from the inside	The skin is a superficial organ.
Medullary	Refers to an inner region, or medulla	The medullary portion of the organ contains nerve tissue.
Cortical	Refers to an outer region or cortex	The cortical area produces hormones