

## Key Anatomical Terms

<b>Anterior</b>	towards the front, or the front of the body
<b>Posterior</b>	Towards the rear, or the back of the body
<b>Superior</b>	Above or towards the upper part
<b>Inferior</b>	Below or towards the lower part
<b>Superficial</b>	Near the surface
<b>Deep</b>	Further from the surface
<b>Proximal</b>	Nearer to the source
<b>Distal</b>	Further from the source
<b>Internal or Interior</b>	Inner, relating to the inside
<b>External or Exterior</b>	Outer or relating to the outside
<b>Medial</b>	Towards the midline of the body when standing with palms facing forward
<b>Lateral</b>	Away from the midline of the body when standing with palms facing forward
<b>Abduction</b>	Movement away from the midline of the body
<b>Adduction</b>	Movement towards the midline of the body
<b>Flexion</b>	When a body part bends and there is a decrease in the angle between the moving bones
<b>Extension</b>	When a body part straightens and there is a increase in the angle between the moving bones
<b>Fossa</b>	A hollow or depressed area