

Anatomical Terms and Related Definitions

Bodily Planes:

The body is divided into three basic planes. The **X axis** and **Y axis** are used when referring to a two-dimensional system. Addition of the **Z axis** makes it three-dimensional.

*The **Y axis** is the perpendicular vertical line*

*The **X axis** is the horizontal line*

*The **Z axis** crosses where the X and Y meet creating a three dimensional system*

When naming bodily planes we use the terms median (midsagittal), sagittal, coronal (frontal), and horizontal (transverse).

STUDY TIPS

Tips to help remember the planes:

- **Midsagittal** divides the body down the middle.
- **Sagittal** does the same division but not quite down the middle.
- **Coronal** (frontal) divides the body into the front and back.
- And **Horizontal** divides it into top and bottom in a line straight across like the horizon.