Figure 4.9 Planes of symmetry and terms used to describe position or direction in the human body.

- **Superior**: closer to the head or upper part of a structure.
- **Distal**: farther away from the trunk.
- **Proximal**: nearer to the trunk.
- **Posterior**: at or near the back.
- **Anterior**: at or near the front.
- **Frontal plane**: divides the body into right and left halves.
- **Transverse plane**: divides the body into upper and lower parts.
- **Midsagittal plane**: divides the body into right and left halves, sagittal plane is cut in the middle.

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