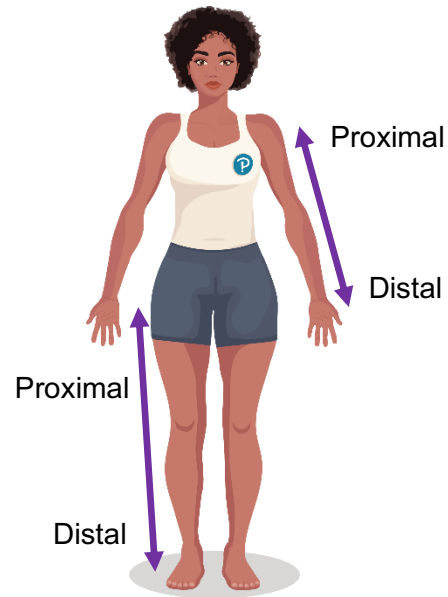


## TOPIC: DIRECTIONAL TERMS: LIMBS

### Limbs

- Proximal & distal: distance to limb \_\_\_\_\_.

- **Proximal:** \_\_\_\_\_ to the attachment.
- **Distal:** \_\_\_\_\_ from the attachment.
- **Important:** When possible, use proximal/distal NOT superior/inferior for the limbs.



**EXAMPLE:** On the body shown, place a(n):

- \* Immediately proximal to the right ankle.
- O Distal to the right shoulder but proximal to the elbow.
- + The most proximal place on the left arm.
- X Immediately distal to the left knee.



**PRACTICE:** The elbow is \_\_\_\_\_ to the wrist.

- a) Proximal.
- b) Medial.
- c) Distal.
- d) Lateral.

**PRACTICE:** Your study partner tells you that the wrist is superior to the elbow. How do you correct them?

- a) The wrist is inferior to the elbow; the wrist is further from the head/closer to the ground.
- b) The wrist is distal to the elbow; superior and inferior are generally not used for limbs structures.
- c) The wrist is lateral to the elbow; in anatomical position arms are to the side.
- d) The wrist is anterior to the elbow, in anatomical position the palms face forward.