

SEEING 6-D

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BASIS

Planes of Reference is important to study the relationship of one structure to the other or to accurately explain its position.

Sagittal plane/Longitudinal plane: An anatomical plane which divides the body into RIGHT & LEFT parts.

Hint to memorize: Passing through **sagittal suture** and dividing the whole body into **long** parts – Right and Left.



Frontal/Coronal plane: An anatomical plane which divides the body into: ANTERIOR & POSTERIOR portions.

Hint to memorize: Divides the planes into **front** (anterior) and back (posterior) parts across the direction of **coronal suture**.



Transverse plane/Cross sectional: An anatomical plane which divides the body into SUPERIOR & INFERIOR portions.

Hint to memorize: It **crosses** the whole body and **transverses** it into upper and lower part.



Matter of fact: The planes of reference are based on the Leonardo Da Vinci's 'Anatomical Man' with the only difference being that the arms are down on the side.

