

— Sagittal
(median)
plane

Hint: If you spend time necessary to learn the names of human bones well, it will make your study of human muscles much easier. Notice in this image

— Coronal
(frontal)
plane

The complex arrangement of bone attachments for individual human muscles permits a wide range of controlled elegant movement of the human

flexor group vs. extensor group

In human anatomy all descriptions of body motion are based upon the assumption that the starting place is the body in the anatomical position. Remember

— Transverse
(horizontal)
plane

Muscle groups that cause bending movement that decreases the angle between two body parts – starting from the anatomical position – are called

The opposite movement is extension. Extensor muscles cause movement that increases the angle between body parts. To stand up from a sitting

Abduction and adduction

Another set of descriptive terms, abduction and adduction, were devised to group muscles that pull body structures away from, or toward, the m

Dropping the arms back to the sides of the body is an example of adduction. Again some of the muscles, but not all, responsible for such movement

— Dorsum
of hand

— Palmar
surface
of hand

Rotation

Rotational motion at the shoulder, and hip joint may be toward the median of the body, medial rotation, or away from the median of the body

As discussed in another article on this website, Orientation in Anatomy, it is important not to blow off learning these simple opposite terms de

The other 2 characteristics you will need to know are each muscle's major points of attachment to its bone – the origin (end of the bone that c

This video by the famous Mr. Ford uses these anatomic terms as he walks you through the muscles of the most complex joint arrangement in

Position of appendicular parts

Appendages, arms, legs, and pelvis often move independently of the torso of the body. So, separate directional terms are used to describe the

In the scheme of human orientation descriptors anterior is toward the front while posterior is toward the back. Superior is toward the head. The

In most anatomy courses these human body orientation descriptors are learned early in the instruction. They are learned in isolation. Because