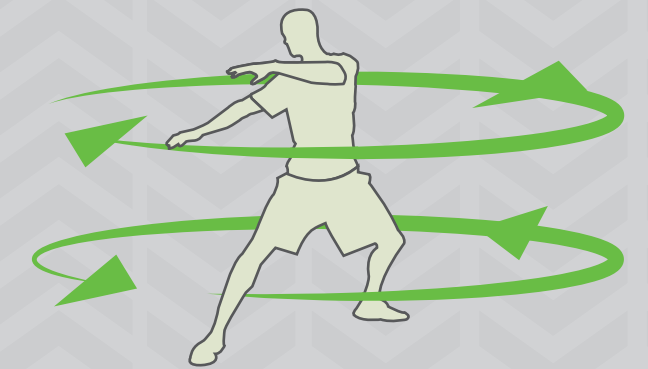




## SAGITTAL PLANES

*This is a vertical plane running from front to back that divides the body or any of its parts into sinister (left) and dexter (right) sides.*



## TRANSVERSE PLANE

*This is a horizontal plane that divides the body or any of its parts into upper and lower parts, or superior and inferior. Most movement that occurs along this plane involve rotation.*



## FRONTAL PLANE

*This is a vertical plane running from side to side that divides the body or any of its parts into anterior and posterior (or dorsal and ventral) parts.*

