

### Directional Terms Practice Problems:

*Fill in the blanks with the directional term that best completes the sentence.*

1. The wrist is \_\_\_\_\_ to the hand.
2. The breastbone is \_\_\_\_\_ to the spine.
3. The brain is \_\_\_\_\_ to the spinal cord.
4. The lungs are \_\_\_\_\_ to the stomach.
5. The thumb is \_\_\_\_\_ to the fingers.

### Directional Terms Practice Problems:

1. The carpal region is \_\_\_\_\_ to the deltoid region.
2. The heart is \_\_\_\_\_ to the ribs.
3. The thoracic cavity is \_\_\_\_\_ to the pelvic cavity.
4. The sternal region is \_\_\_\_\_ to the vertebral region.
5. The buccal region is \_\_\_\_\_ to the oral region.

6. The feet are \_\_\_\_\_ to the head.

7. The knee is \_\_\_\_\_ to the ankle.

8. The spine is \_\_\_\_\_ to the umbilical region.

9. The tongue is \_\_\_\_\_ to the ears.

10. The antecubital region is \_\_\_\_\_ to the axillary region.

Assignment: *Create 10 sentences using each of the 10 directional terms and the body regions.*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## Body Plane Situations:

1. A football player had helmet to helmet contact during a play. He is complaining of pain in the cervical region of his spine (neck). If you wanted to see if there is any vertebral displacement what plane would be best?
2. Someone was in a car accident and you wanted to see if their ribs have punctured their lungs. What plane would be best?
3. A lady is complaining of low back pain. You want to see if she has spinal stenosis (narrowing of the spinal cord). What plane would be best?
4. You wanted to see the size difference between the hamstrings and the quadriceps. What plane would be best?