

Planes

Sagittal plane

This allows/.....
Movements.
E.g.

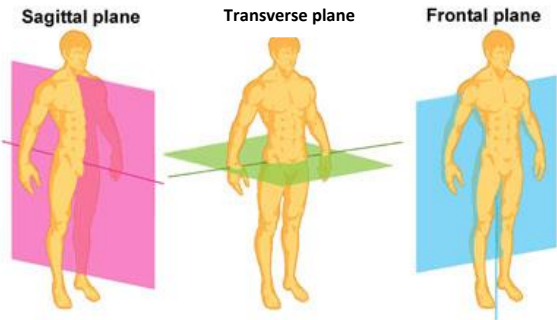
Transverse plane

This allows movements,
around the longitudinal axis
E.g.

Frontal plane

This allows movements
E.g.

Planes and Axes



Key term: Axis – an imaginary line through the body around which it

Key words: Plane – an imaginary line that shows the of



Axis

Transverse axis

Passes

through the

Remember:

..... axis is

like a

.....!

Longitudinal axis

Passes

through the body from head to toe.

Remember:

..... axis

is the

Sagittal axis

Passes through the body from **front** to **back** through the

Remember:

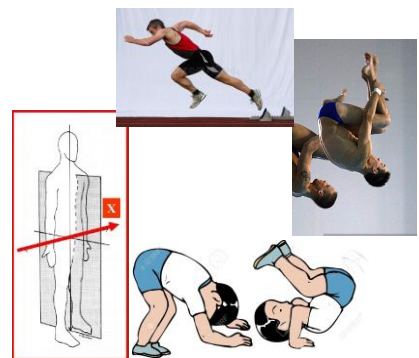
..... axis goes

through your

.....!

REVISE! KEY EXAM INFORMATION!

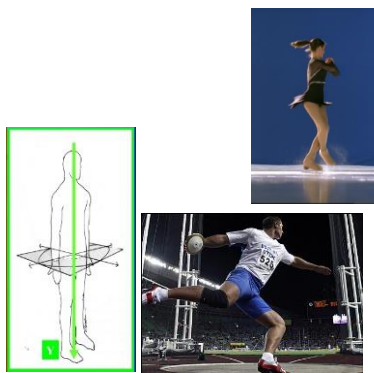
You only need to know the following for the exam! If you see...



Answer is:

..... plane
and
axis.

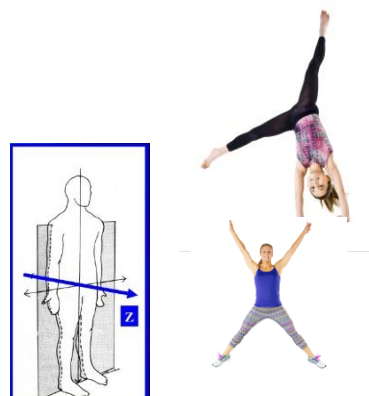
E.g.
.....
.....



Answer is:

..... plane
and
axis.

E.g.
.....
.....



Answer is:

..... plane
and
axis.

E.g.
.....
.....

