

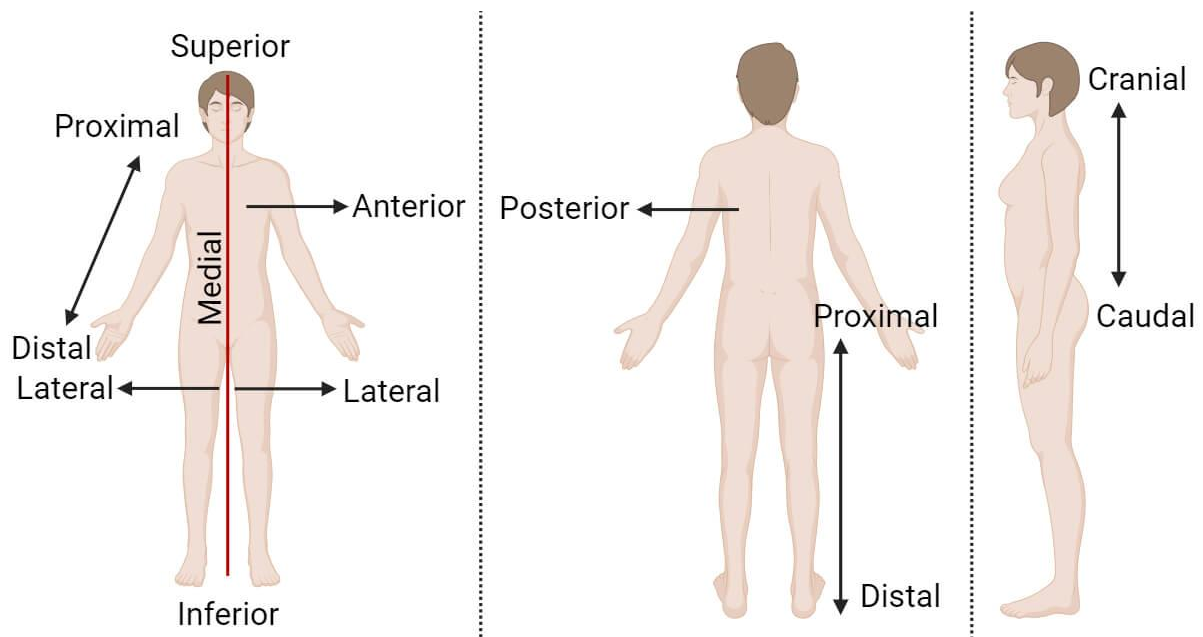
Puzzle Questions (Solve in Groups):

1. **True/False:** The anatomical position is defined as lying face down with arms extended overhead. (True or False?)
2. **Fill in the Blank:** In anatomical position, the body is standing erect with feet together, arms at the sides, and palms facing _____.
3. **Multiple Choice:** Which of the following best describes the anatomical position according to standard anatomy in the BPT syllabus context? a) Sitting with legs crossed b) Standing upright, facing forward, with palms forward c) Lying supine with hands behind the head d) Prone position with toes pointed
4. **Short Answer:** Why is the anatomical position important in physiotherapy practice? (Hint: Relate to consistent reference for descriptions.)
5. **True/False:** Anatomical terms like "superior" and "inferior" are relative and change based on the body's orientation. (True or False?)
6. **Fill in the Blank:** The term "_____" refers to a structure closer to the midline of the body, while "lateral" means farther away.
7. **Multiple Choice:** Which pair of anatomical terms describes front and back orientations? a) Proximal/Distal b) Medial/Lateral c) Anterior/Posterior d) Superior/Inferior
8. **Short Answer:** List at least three pairs of directional anatomical terms (e.g., superior/inferior).
9. **True/False:** The sagittal plane divides the body into left and right halves. (True or False?)
10. **Fill in the Blank:** The _____ plane divides the body into superior and inferior parts, also known as the horizontal plane.
11. **Multiple Choice:** In the BPT syllabus, understanding planes is crucial for describing movements and structures. Which plane runs from front to back, dividing the body into anterior and posterior sections? a) Sagittal plane b) Coronal (frontal) plane c) Transverse plane d) Oblique plane
12. **Short Answer:** Describe the median sagittal plane and its significance in anatomy.
13. **True/False:** Anatomical planes are imaginary lines used to section the body for study and reference. (True or False?)
14. **Fill in the Blank:** In physiotherapy, the coronal plane is useful for analyzing _____ movements, such as abduction and adduction.
15. **Multiple Choice:** Which anatomical term or plane would be most relevant when assessing a patient's knee injury in terms of front-to-back alignment in a physiotherapy case? a) Proximal/Distal b) Sagittal plane c) Medial/Lateral d) Transverse plane

Discussion (Post-Puzzle):

- How can confusion in anatomical terms lead to miscommunication in a team setting (e.g., with physicians)?
- Apply to a case: A patient with back pain—how do planes like sagittal help in planning exercises?
- Debate: Should BPT curriculum include more practical demos of anatomical position beyond definitions?

Here is a diagram illustrating the anatomical position:

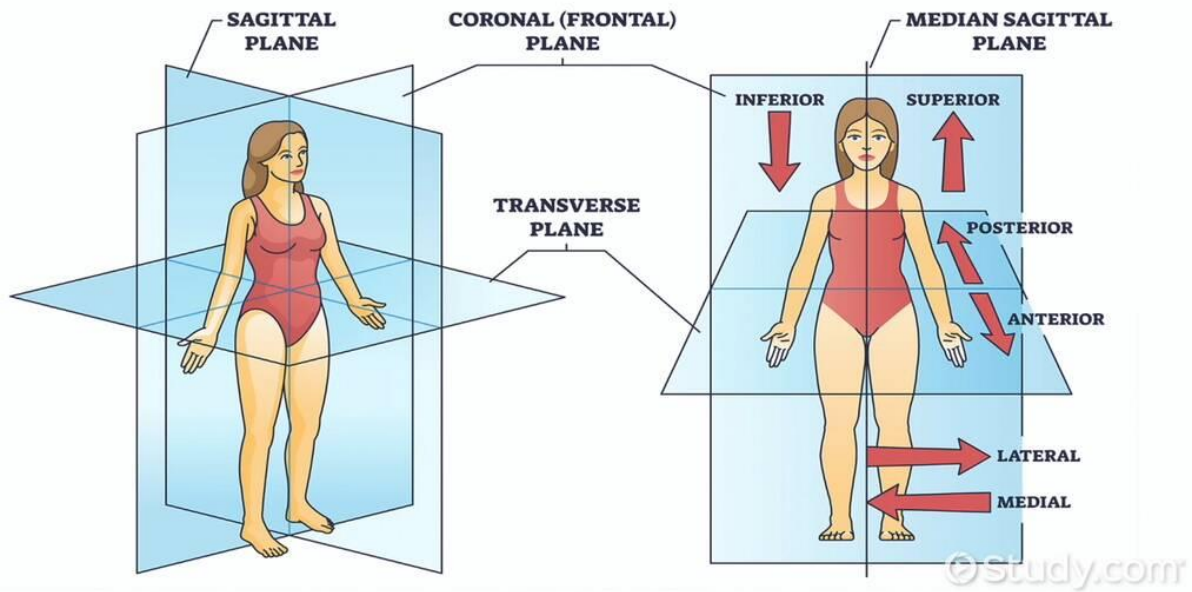


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Anatomical Position: Planes, Variations, Applications

And here is a diagram of the anatomical planes:

BODY PLANES



[study.com](https://www.study.com)

Anatomical Terminology | Body Planes, Positions & Sections Video

Answers:

1. False (Anatomical position is standing upright, not lying down.)
2. Forward
3. b) Standing upright, facing forward, with palms forward
4. It provides a standard reference point for describing body parts, directions, and movements consistently, avoiding confusion in clinical settings like physiotherapy assessments.
5. False (They are standardized relative to the anatomical position and do not change with body orientation.)
6. Medial
7. c) Anterior/Posterior
8. Superior/Inferior, Anterior/Posterior, Medial/Lateral, Proximal/Distal, Superficial/Deep (any three pairs).
9. True
10. Transverse
11. b) Coronal (frontal) plane
12. The median sagittal plane is the vertical plane passing through the midline, dividing the body into equal left and right halves. It is significant for studying symmetrical structures and midline movements.
13. True
14. Side-to-side (or lateral)
15. b) Sagittal plane (as it divides left/right and allows analysis of forward/backward alignments)