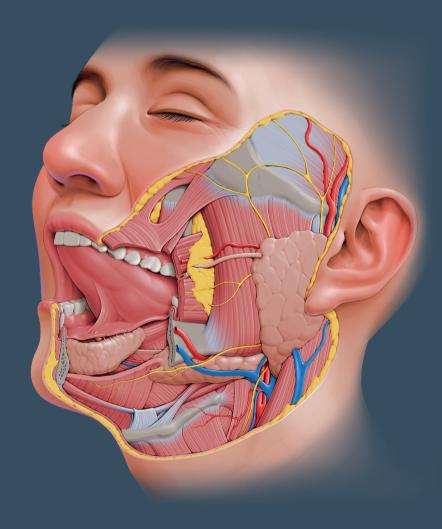
Atlas of

Human Anatomy



BASIC

UPPER LIMB

WER LIM

PINE AND BAC

THORAX

PELVIS AND

Atlas of Human Anatomy

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EVOLVING DIVERSITY AND INCLUSION

Diversity is all around us—in nature, culture, art, and in our very being as humans. Society has oftentimes failed to depict the diversity that colors our world, so it's up to everyone as individuals to do their part and contribute towards a diverse and more inclusive culture. We've all seen that this is changing for the better in modern times, since we have come to understand how diversity and inclusion are able to enrich human learning and experience.

Kenhub is a company that greatly values diversity, defined as a broad spectrum of human characteristics and experiences. We foster a culture of inclusion which is reflected in our community of teammates, partners, consumers and customers from all around the world. Our ongoing mission is to create a safe environment for everyone, focusing on cultivating equity, as well as celebrating individual uniqueness and identity.

Representation matters. It is our vision to diversify our content so that everyone feels seen, included, comfortable and respected. We believe that, by representing our differences, we help future healthcare professionals develop and learn new ways of thinking, behaving and caring for their patients. A multicultural exchange of ideas and experiences bolsters new generations, leading to innovation and increased creativity. This is especially pertinent in an educational setting such as Kenhub.

We take pride in making a step towards our vision by diversifying our anatomical models and by shifting away from only featuring the standard white male model of the human body. As many as there are anatomical variations in vessels and nerves of the human body, there can be many different varieties of people, and we're embracing those differences. We understand that we are not exact carbon copies of each other. Thankfully we are all sprinkled with our own unique traits and features and we believe that these individual features should be reflected and celebrated in anatomical education.

In addition, we recognize that the lexicon of anatomy is littered with eponymous terms that primarily represent contributions of white, male scientists. The use of these terms further minimizes the contributions of non-white and non-male scientists and adds cognitive burden required to translate these names into structures. For this reason, we have chosen to use toponyms offered by the *Terminologia Anatomica* (2nd edition, 2019) as primary terms whenever possible.

There are still big steps to be made, both on our platform and in society, but we're moving in the right direction—one step at a time, actively working on changes that we believe will make our audience at Kenhub feel seen and heard.



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PREFACE

As of summer 2023, Kenhub.com has helped more than 4 million registered users worldwide to deepen their understanding of the structure and organization of the human body (and pass their exams too). Since launching Kenhub.com in 2012, we've had over 110 million visitors on our website, with this number growing everyday.

Further to this, universities such as Charité—Universitätsmedizin Berlin and the University of Colorado use our learning materials to teach their students, in parallel with textbooks and practical lab teaching.

Kenhub offers you and your university the most accurate and reliable digital anatomy educational tools. Based on regular feedback from our users, it became clear that physical anatomy atlases are still highly valued by students.

That is why we have decided to print a top quality anatomy atlas based on years of experience, constant refinement and user feedback.

OUR QUALITY COMMITMENT

At Kenhub, we are passionate about providing the most accurate and reliable resources for healthcare professionals that are either learning or teaching anatomy and histology. We work hard to ensure that our content rises to the highest academic standards.

We use multiple academic resources as a reference point, with particular emphasis on those which are familiar to the majority of students and instructors alike. Thus for anatomy related content, our main references are two of the most widely respected anatomy textbooks:

- Gray's Anatomy, The Anatomical Basis of Clinical Practice, 42nd Ed. (Editor in chief: Susan Standring)
- Clinically Oriented Anatomy (by Keith L. Moore, Arthur F. Dalley II, and Anne M. R. Agur)

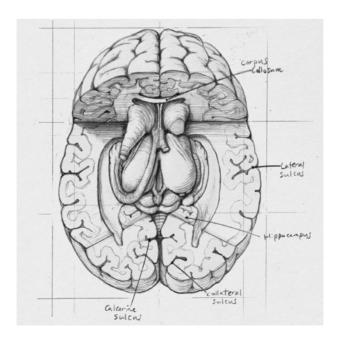
In addition to accuracy, our articles and illustrations on Kenhub.com are continuously updated with the latest findings and discoveries in anatomy and histology. Towards this, our writing and review process involves the appraisal of peer-reviewed scientific literature related to each topic.

Understanding that not everybody enjoys reading dense academic content, we strive to make our articles as light and as easy to read as possible, without scrimping on the details.

Both our atlas of anatomy illustrations and textbook-style articles are available for free upon registration on Kenhub.com. For a faster and more engaging learning experience, we offer hundreds of videos and quizzes as part of our paid Premium product.

REVIEWED BY EXPERTS

In enlisting our content creation team, we follow the highest educational and scientific standards. The authors of our articles are medical students, junior doctors, or postgrads who are passionate about anatomy, histology and medical education. Our talented authors love teaching their younger fellows and have a great ability to simplify complex topics into easy-to-digest articles. The manuscripts are then reviewed by a group of experts in the medical education field. We collaborate with university professors, senior doctors and Ph.D. candidates from around the world who are experts in anatomy, histology and medical education.



We are also proud to collaborate with some of the world's top medical illustrators, including the Netter award winner Paul Kim, and others like Begoña Rodriguez, Esther Gollan, Hannah Ely, Irina Münstermann, Liene Znotiṇa, Mao Miyamoto, Rebecca Betts, Samantha Zimmerman, and Yousun Koh. Referencing Netter's Atlas of Human Anatomy and Sobotta Atlas of Human Anatomy (to name a few), our illustrators create original anatomical or histological illustrations. The original illustrations we create are then subject to a rigorous review process (sometimes it takes more than 6 months for an illustration to be published due to the multiple reviewing steps!).

Atlas content reviewer

For this atlas specifically, we are proud to work together with Dr. Mike Pascoe. Mike is an Associate Professor of Anatomy at the University of Colorado Anschutz Medical Campus.

Dr. Pascoe studied the neurophysiology of movement at the University of Colorado Boulder and defended his doctoral dissertation in 2010. He then joined the faculty at Anschutz in 2011 where he develops and delivers gross anatomy curricula to physical therapy, physician assistant, and medical doctor students.

His primary research interest is the investigation of constructivist approaches in technology-enabled learning environments (e.g., wiki usage, interactive modules, Snapchat, etc) to improve learning outcomes and student satisfaction. Of secondary interest is the determination of "need-to-know" anatomy content for physical therapy students.

Dr. Pascoe's service commitments include mentoring students, organizing anatomy laboratory refresher courses for practicing clinicians, community outreach, and service as a peer-reviewer for many anatomy education journals.

This atlas hasn't been possible without the help of the Kenhub team. It consists of diverse, talented individuals which create Kenhub's unique, interdisciplinary perspective on anatomy education. We are a fully remote company meaning that our team is spread out all around the world.

You can find more information about the team here:



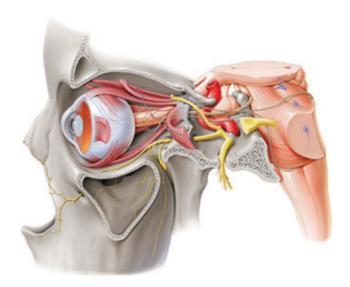
Kenhub is grounded on academic literature and research, validated by experts, and trusted by more than 80 million readers worldwide.

HOW TO USE THIS ATLAS

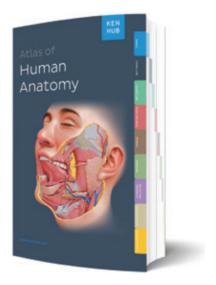
Mike Pascoe PhD

BUILT FOR LEARNERS

This atlas represents a collection of clear, comprehensible and didactically valuable images from Kenhub.com, intuitively organized to aid you in your mastery of the organization of the human body. The features of this modern print atlas were formulated by direct input from students of anatomy and experienced educators. This print atlas was designed by the preferences of anatomy students to assist in the challenges of identifying structures in the anatomy laboratory and to assist in studying for written exams.



The ease of navigation is the most important feature of an anatomy atlas! Therefore, this atlas has been organized by region (e.g., upper limb), with various body systems presented therein. A color coding system is used throughout the atlas, as this has been recognized as the most efficient way to find a structure quickly in a print atlas. This atlas provides a series of regional overview images that will assist you in identifying structures in and out of the laboratory based on adjacent key anatomical relations. This is how expert anatomists navigate the body, so don't underestimate the power of having a good understanding of neighboring anatomical structures! Additionally, each overview image is accompanied by text captions in order to convey and describe presented structures in a clear and concise manner.



The small size of the atlas enables you to transport it and use it across many different settings beyond your home, such as the anatomy lab and in the lecture hall on campus.



DIGITALLY ENHANCED LEARNING

This atlas can be used in traditional ways, as mentioned above, and in ways you may not have considered before. A big strength of the atlas is the ability to extend its content into the rich resources on the Kenhub website.

The reader can use their smartphone to access any structure on Kenhub through their atlas and view any additional related images, as well as related articles, videos and quizzes. The atlas can also be used as a reference (i.e., "second screen") when reviewing lectures at home or on the go.

This is enabled by the Quick Response (QR) codes, which have been included in the atlas as a quick way to connect you to the extensive online resources on the Kenhub platform. To do this, open the camera app on your smartphone, ensuring the rear-facing camera is selected. Point your camera at the QR code and center the box over the code to scan it. Tap on the URL popup banner at the top of the screen, and you'll be connected directly to the supplemental information on Kenhub com



Here we see a learner scanning a QR code in the atlas in order to review further details found on Kenhub. com.

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DIRECTIONAL TERMS AND BODY PLANES

Anatomists use specific terms to help clearly communicate the location of structures within the human body. These are directional terms, regional terms and body planes. To avoid confusion and miscommunication, a standard reference point for these terms is always used, this reference point is the **anatomical position**. The anatomical position is when the body is standing erect, with the face looking forwards, the feet parallel, the arms hanging at the sides, the palms facing forwards and the thumbs pointing away from the body.

Directional terms and body planes allow us to describe the **relationship** between anatomical structures. For example, the wrist is distal to the elbow, the ears are lateral to the eyes, the nose is located in the midsagittal plane.

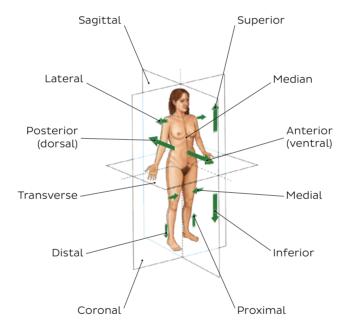


FIGURE 1.1. Directional terms and body planes.

Key points about directional terms and body planes	
Body planes	Coronal, sagittal, median, transverse
Directional terms	Superior (cranial), inferior (caudal), anterior (ventral), posterior (dorsal), medial, lateral, proximal, distal, left, right, superficial, deep, central, peripheral, ulnar, radial, rostral, caudal, palmar, plantar



Directional terms and body planes



Basic anatomy and terminology

REGIONS OF THE BODY

The human body can be studied under the umbrella of two primary regions. These are the **axial region**, which encompasses the head, neck and trunk, and the **appendicular region** which describes the upper and lower limbs.

Each of these regions can in turn be broadly divided into a number of smaller sub-regions or parts.

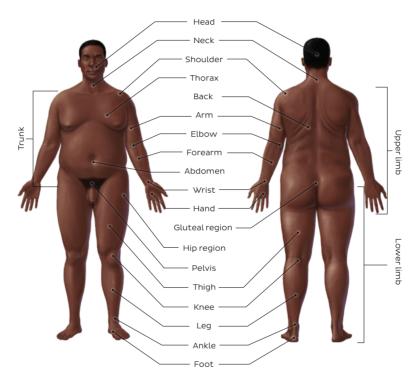


FIGURE 1.2. Regions of the body.

Key points about the regions of the body		
	Head	
Axial regions Neck		
	Trunk (thorax, abdomen, pelvis, back)	
Appendicular Upper limb (shoulder, arm, elbow, forearm, wrist, hand)		
regions	Lower limb (hip, gluteal region, thigh, knee, leg, ankle, foot)	





Body regions: Learn with quizzes and labeled diagrams

BODY SURFACE ANATOMY

Surface anatomy teaches about the main anatomical features visible on the surface of the human body. This knowledge helps to identify inner anatomical structures according to their visible features.

A good understanding of surface anatomy is key to interpreting normal and abnormal anatomy in clinical settings, such as medical imaging procedures and physical examination. Many aspects of surface anatomy between the sexes are similar but there are a few differences which mainly relate to sexual differentiation during development.

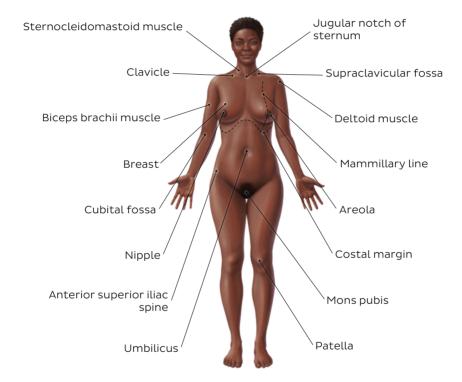


FIGURE 1.3. Female body surface anatomy (anterior view).

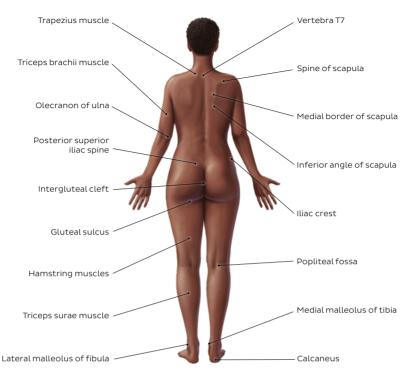


FIGURE 1.4. Female body surface anatomy (posterior view).

Surface landmarks	Anterior surface	Posterior surface
Head, neck and trunk	Larynx, sternocleidomastoid muscle, supraclavicular fossa, clavicle, pectoralis major muscle, jugular notch of sternum, sternum, sternal angle, xiphoid process, breast, areola, nipple, costal margin, rectus abdominis muscle, linea alba, linea semilunaris, umbilicus, mons pubis, anterior superior iliac spine, inguinal ligament, scrotum, penis, glans penis, vulva	External occipital protuberance, vertebra C7 trapezius muscle, spine of scapula, medial border of scapula, inferior angle of scapula, latissimus dorsi muscle, lumbar triangle (of Petit), iliac crest, posterior superior iliac spine, sacral triangle, sacroiliac joint, anal region
Upper limb	Acromion, deltoid muscle, biceps brachii muscle, cubital fossa, radial foveola (anatomical snuffbox), thenar eminence, hypothenar eminence	Triceps brachii muscle, olecranon
Lower limb	Femoral triangle, quadriceps femoris muscle, patella, tibial tuberosity, tibialis anterior muscle, lateral malleolus, medial malleolus	Gluteal region, intergluteal cleft, gluteal sulcus, iliotibial tract, hamstring muscles, popliteal fossa, triceps surae muscle, calcaneal (Achilles) tendon

CAVITIES OF THE BODY

The main body cavities are classified into two groups according to their location: Dorsal cavity and ventral cavity. The **dorsal cavity** consists of the cranial cavity, which houses the brain; and the vertebral canal, which houses the spinal cord. The **ventral cavity** is composed of the thoracic cavity and abdominopelvic cavity. The **thoracic cavity** contains several smaller spaces that house the trachea, lungs, esophagus and heart. The **abdominopelvic cavity** can be subdivided into the abdominal and the pelvic cavities, which contain the abdominal and pelvic organs, respectively.

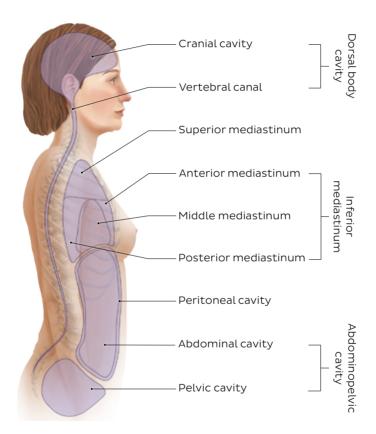


FIGURE 1.5. Cavities of the body (lateral view).

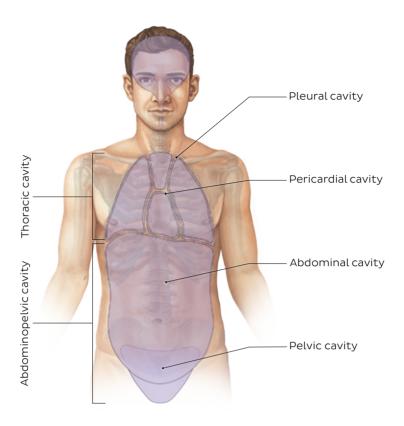


FIGURE 1.6. Cavities of the body (anterior view).

Key points about the body cavities	
Main cavities of the body	Dorsal cavity: cranial cavity, vertebral canal
	Ventral cavity: thoracic cavity, abdominopelvic cavity
Main contents of body cavities	Cranial cavity: brain
	Vertebral canal: spinal cord
	Thoracic cavity:
	Mediastinum contents: heart, trachea, esophagus
	Mediastinum divisions: superior, inferior (subdivisions: anterior, middle posterior)
	Pleural cavity: lungs
	Abdominopelvic cavity:
	Abdominal cavity: gastrointestinal system
	Pelvic cavity: reproductive organs, urinary bladder, sigmoid colon and rectum



Basic medical terminology 101: Learn with quizzes



Basic anatomy and terminology



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