

Guide: Master Human Anatomy: From Confusion to Mastery in Terminology and Body Organization

Chapter 1: The Main Axes of the Human Body

1.1 What are the body axes and why are they important?

The body axes are imaginary lines that traverse the human body and are essential for describing movements and positions. Understanding these axes is crucial in fields such as physical therapy, sports, and anatomy, as they enable professionals and students to communicate clearly and precisely about body mechanics.

Context in daily life:

- **Sports:** A gymnast performing a somersault uses body axes to execute coordinated movements.
- **Rehabilitation:** Physical therapists observe body movement in relation to the axes to guide patients in their recovery.

1.2 The three main axes of the human body

Body movements are classified according to three main axes:

a) Frontal Axis

Definition: Passes horizontally through the body from side to side, dividing the body into anterior (front) and posterior (back).

Practical example: Making a lateral movement, such as in a dance step or dodging during a soccer game.

Common movements:

- **Abduction:** Movement of moving a limb away from the body's midline, such as when opening the arms.
- **Adduction:** Movement of bringing a limb closer to the body's midline, such as closing the arms towards the center.

b) Sagittal Axis

Definition: Passes through the body from front to back, dividing the body into right and left.

Practical example: Walking or performing a bicep curl.

Common movements:

- **Flexion:** Decreasing the angle between two segments, such as when bending down.
- **Extension:** Increasing the angle between two segments, such as when straightening the legs while standing up.

c) Vertical Axis

Definition: Passes through the body from top to bottom.

Practical example: A skater spinning or a dancer in a pirouette.

Common movements:

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