**Anatomical Landmarks**

**Abdominal:** The anterior body trunk region inferior to the ribs

**Antecubital:** The anterior surface of the elbow

**Axillary:** The armpit

**Brachial:** The arm

**Buccal:** The cheek

**Carpal:** The wrist

**Cervical:** The neck region

**Coxal:** The hip

**Deltoid:** The roundness of the shoulder caused by the underlying deltoid muscle

**Digital:** The fingers or toes

**Femoral:** The thigh

**Fibular:** The side of the leg

**Inguinal:** The groin

**Mammary:** The breast

**Manus:** The hand

**Nasal:** The nose

**Oral:** The mouth

**Orbital:** The bony eye socket (orbit)

**Patellar:** The anterior knee (kneecap) region

**Pelvic:** The pelvis region

**Pubic:** The genital region

**Sternal:** The region of the breastbone

**Tarsal:** The ankle

**Thoracic:** The chest

**Umbilical**: The navel

**Cephalic:** The head

**Gluteal:** The buttocks or rump

**Lumbar:** The area of the back between the ribs and hips; the loin

**Occipital:** The posterior aspect of the head or base of the skull

**Popliteal:** The back of the knee

**Sacral:** The area between the hips

**Scapular:** The scapula or shoulder blade area

**Sural:** The calf or posterior surface of the leg

**Vertebral:** The area of the spinal column

**Abdominopelvic Regions**

**Umbilical region:** The centermost region, which includes the umbilicus.

**Epigastric region**: Immediately superior to the umbilical region; overlies most of the stomach.

**Hypogastric (pubic) region:** Immediately inferior to the umbilical region; encompasses the pubic area.

**Iliac regions:** Lateral to the hypogastric region and overlying the superior parts of the hip bones.

**Lumbar regions:** Between the ribs and the flaring portions of the hip bones; lateral to the umbilical region.

**Hypochondriac regions**: Flanking the epigastric region laterally and overlying the lower ribs.