

Lecture three

Objectives :

at the end of this lecture you must know the followings:

- 1-positions of the human body.
- 2- major differences between male and female.

Positions of the human body

□ General

not necessarily related to medical sciences

They are not our concern and may be

applied to many activities such as

dancing , sleeping , shooting , resting ,

copulation , riding , eatingetc



THE BEST AND THE WORST SLEEPING POSITIONS AND THEIR EFFECTS ON HEALTH



ON YOUR BACK,
ARMS AT SIDE



ON SIDE,
ARMS AT SIDE



FETAL
POSITION



ON THE EITHER SIDE



ON YOUR BACK,
ARMS UP



ON SIDE, ARMS OUT



Standing position



Kneeling position



Prone position







Kishor
mumbai

They are part of the basic human positions which are :

- ✓ Standing
- ✓ Sitting
- ✓ Lying
- ✓ Kneeling
- ✓ Squatting

Positions that serve anatomicomedical issues



What is vital to us is that positions related to anatomy & other medical sciences

- ❖ Standard anatomical position
- ❖ Supine position
- ❖ Prone position
- ❖ Lithotomy
- ❖ Trendelenburg position
- ❖ Decubitus position
- ❖ Sim's position
- ❖ Fowler's position

SURGICAL POSITIONS



Supine Position



Trendelenburg Position



Reverse Trendelenburg Position



Lithotomy Position



Prone Position



Jackknife Position



Fowler's Position



Knee-Chest Position



Kidney Position



Lateral Position



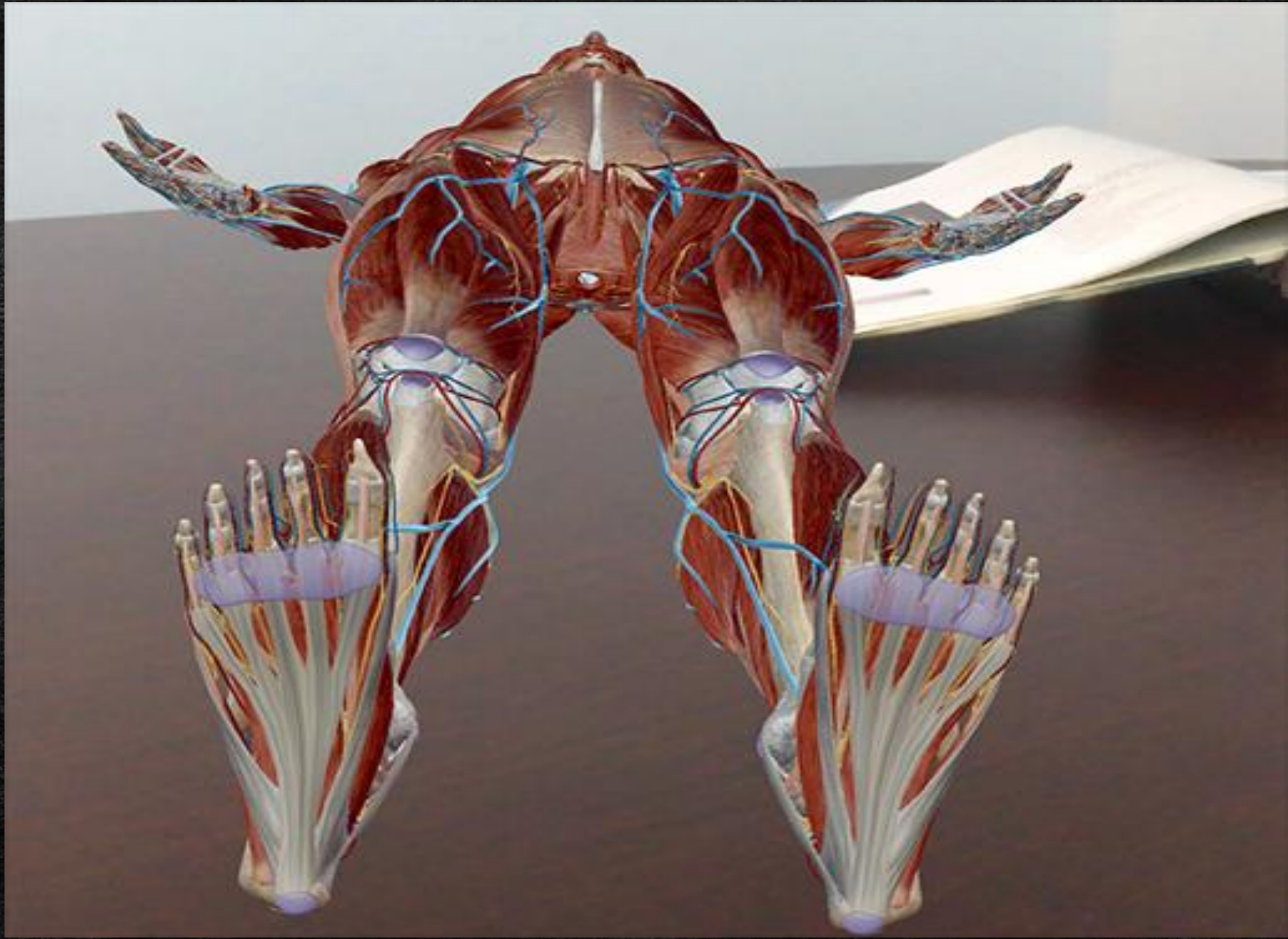
Wilson Frame Position

Standard anatomical position

For describing various body parts

Supine position (recumbent)

Recumbent is a general term for lying down , but when the body is lying down on the back this is called supine





SUPINE POSITION

Prone position

The body is lying down on the abdomen and face down.



Supine



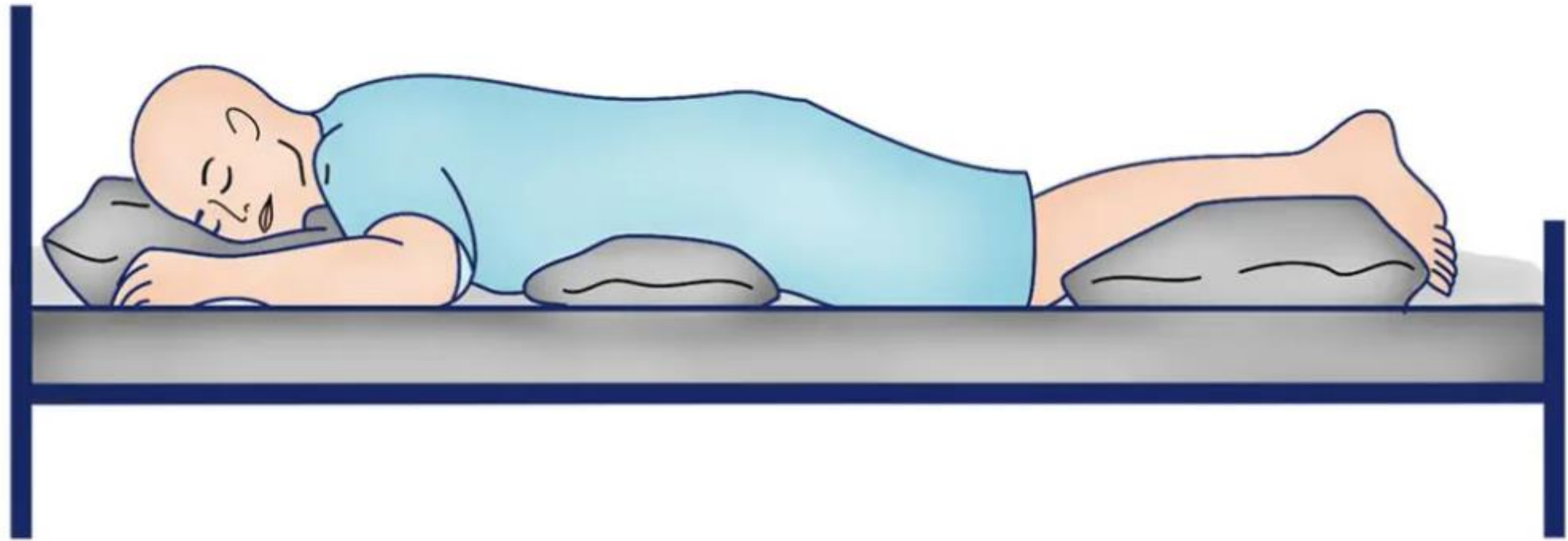
Prone



Right Lateral Recumbent



Left Lateral Recumbent



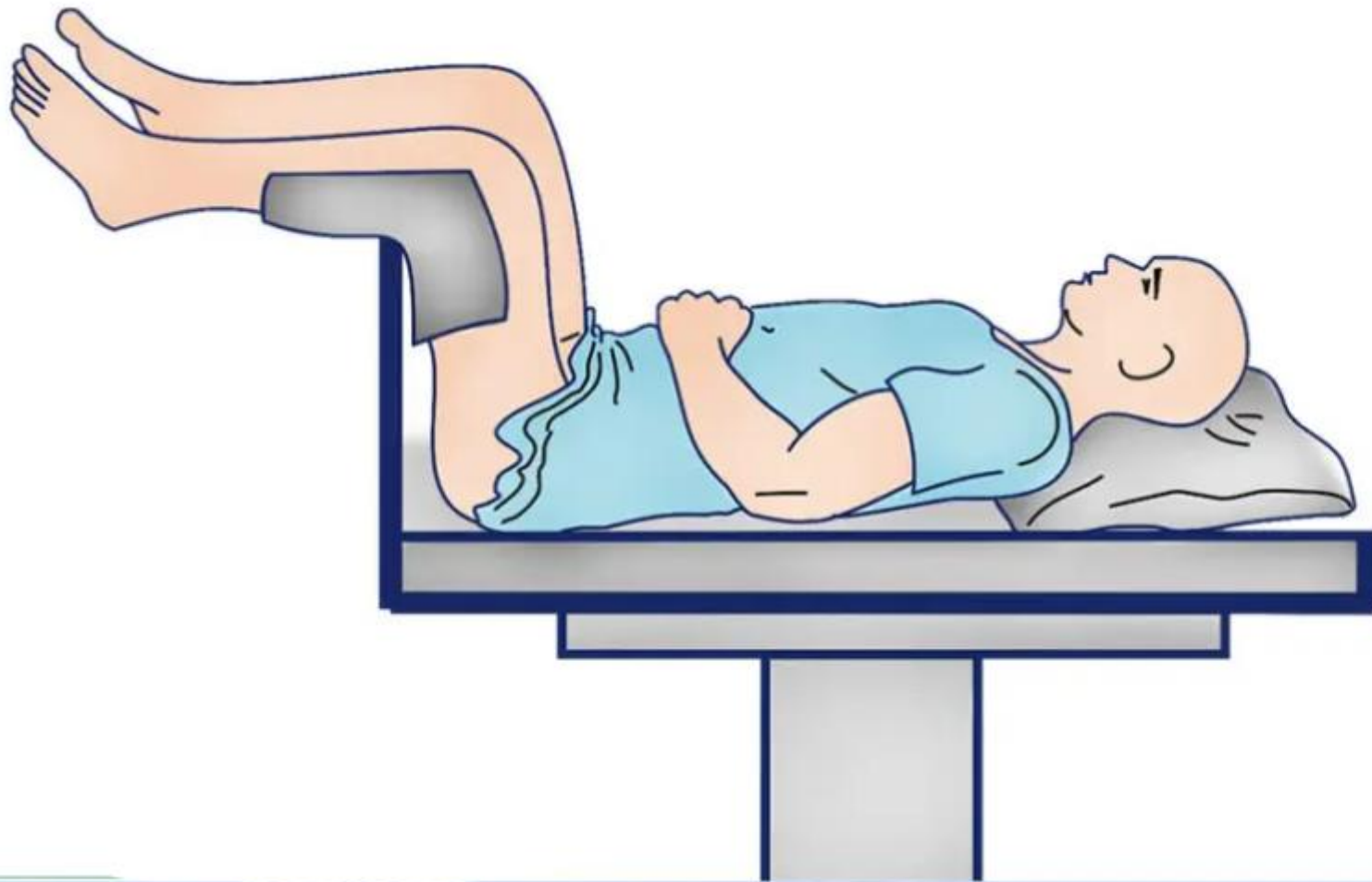
Nurseslabs

PRONE POSITION

Lithotomy

The patient is lying on the back both hips and knees are flexed and the thighs are apart (externally rotated)

This position is used for vaginal examination and childbirth.



LITHOTOMY POSITION

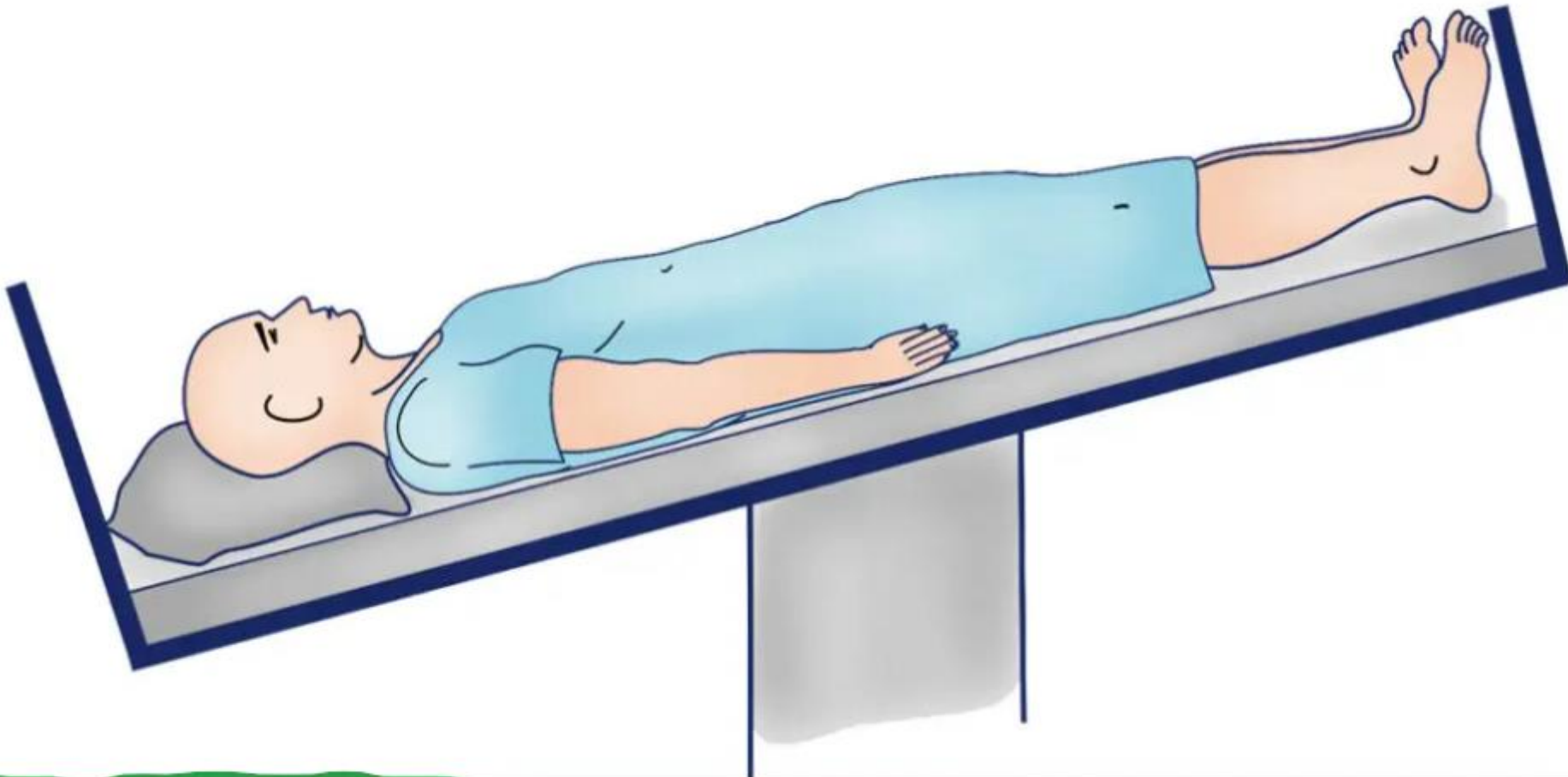
Trendelenburg position

German surgeon

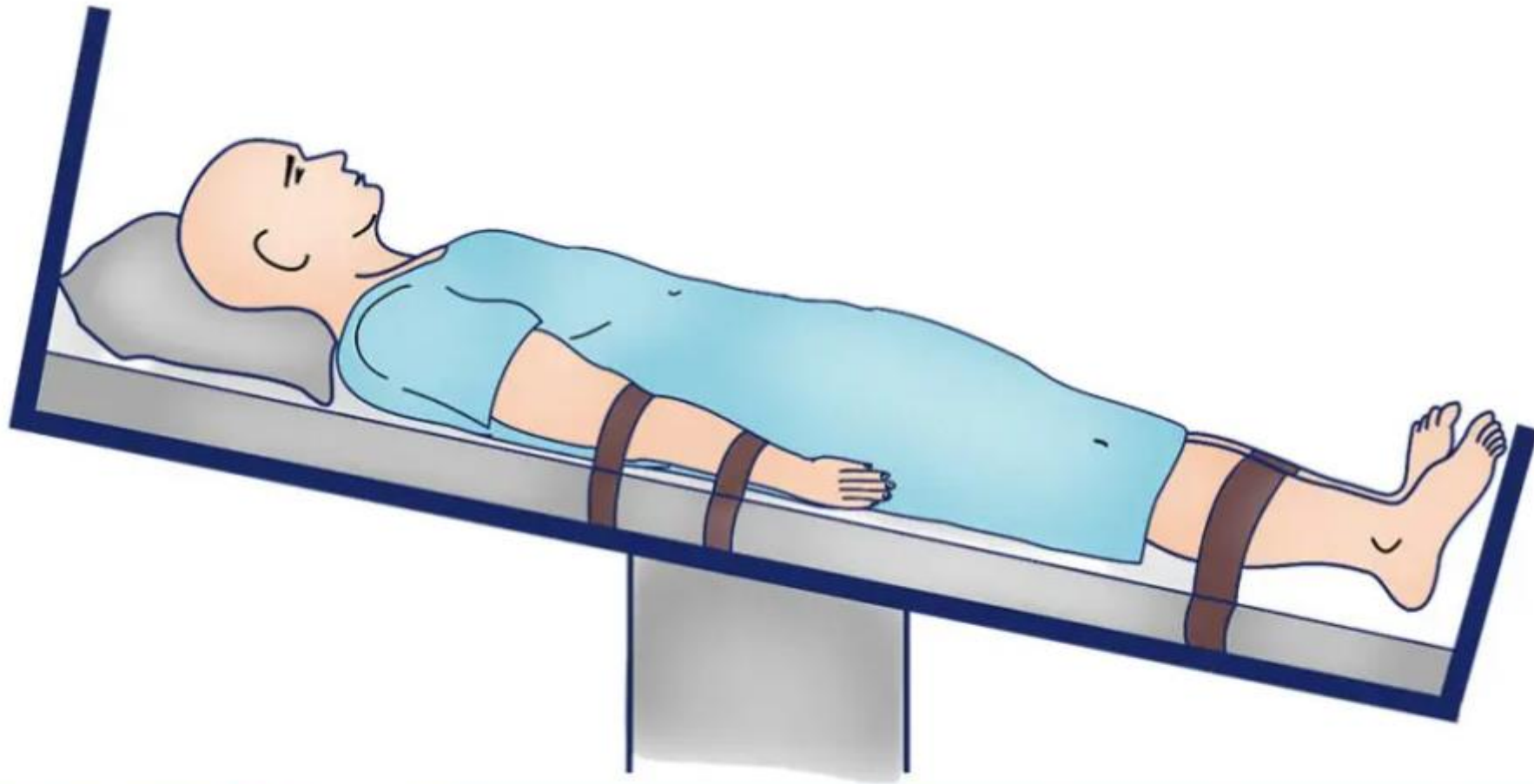
It is a supine position in which the bed is inclined at varying

Angles so the pelvis become higher than head .

Used in shock and pelvic surgery .



TRENDELENBURG'S



REVERSE TRENDELENBURG'S

Decubitus position

from "cubitus = elbow" the Romans habitually rested on their elbows..

It is a position when a person is lying down on the bed

and it is a situation when this lying down is prolonged

causing ulcer or bed sore so called decubitus ulcer .



Variation for decubitus

- Dorsal decubitus
- Ventral decubitus
- Lateral decubitus on one side left or right

so it is named according to which surface of the body touching the bed.

for example lateral decubitus used
in total hip arthroplasty



Sims position (lateral recumbent)

named by the gynaecologist James
marion sims

the patient lies on the left side
and the left lower extremity

is straightened while the right lower
extremity is flexed at the hip and
knee .



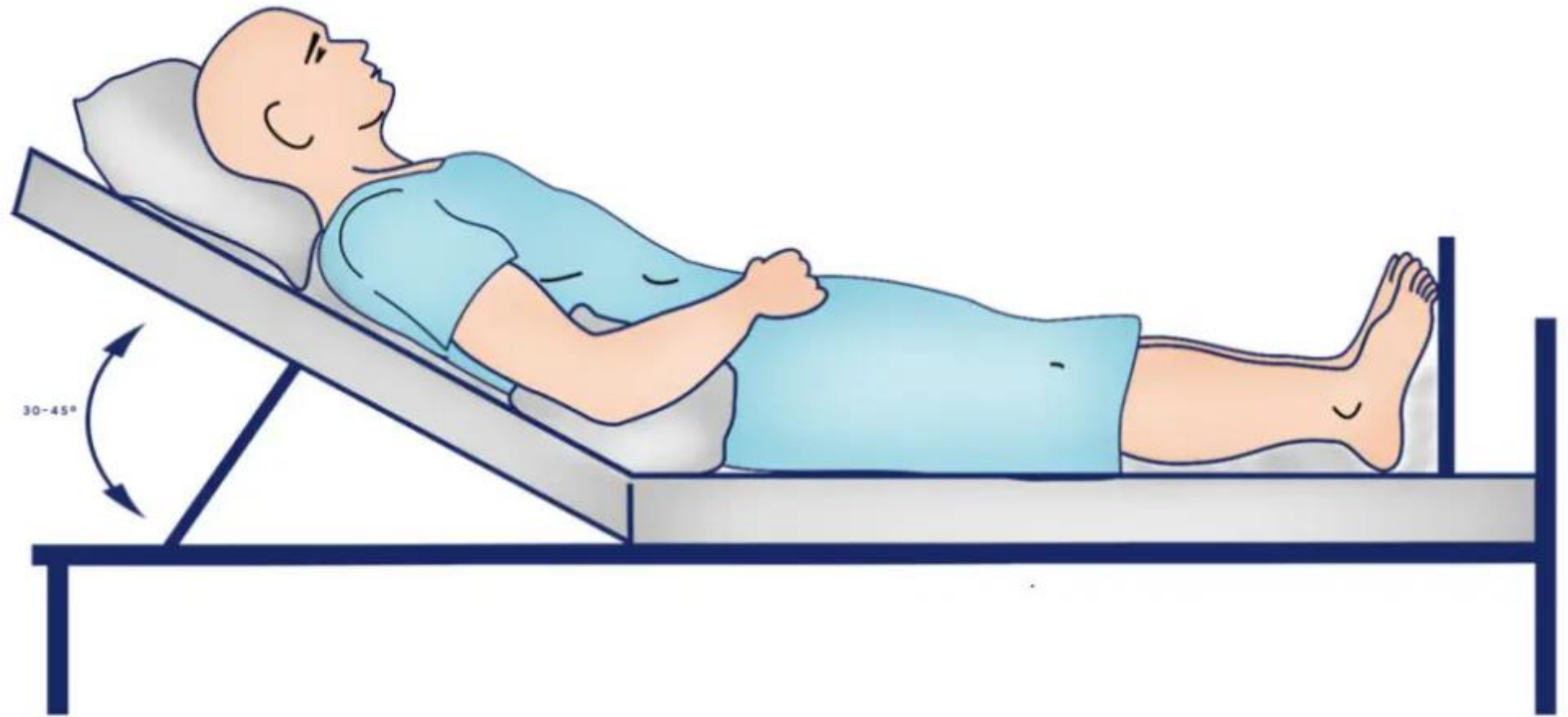
SIMS' POSITION

Fowler's position

this position is used to promote maximum chest expansion and good oxygenation so it is used in respiratory distress

Also after abdominal surgery to promote abdominal muscle relaxation and in feeding postoperative patients.

The standard fowler's is 45-60 degree angle between bed and Elevated head .



FOWLER'S POSITION

SURGICAL POSITIONS



Supine Position



Trendelenburg Position



Reverse Trendelenburg Position



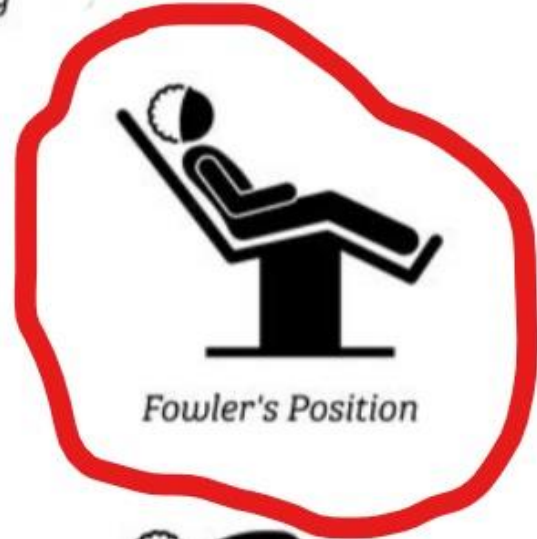
Lithotomy Position



Prone Position



Jackknife Position



Fowler's Position



Knee-Chest Position



Kidney Position



Lateral Position



Wilson Frame Position



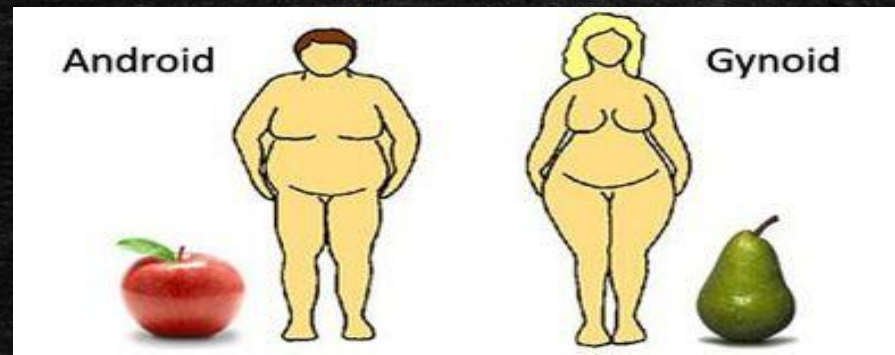
Major differences between male & female

Grossly female body are generally more thick and fatty than

Male which is more muscular this is due to accumulation of fat in the subcutaneous tissue of female body , also the

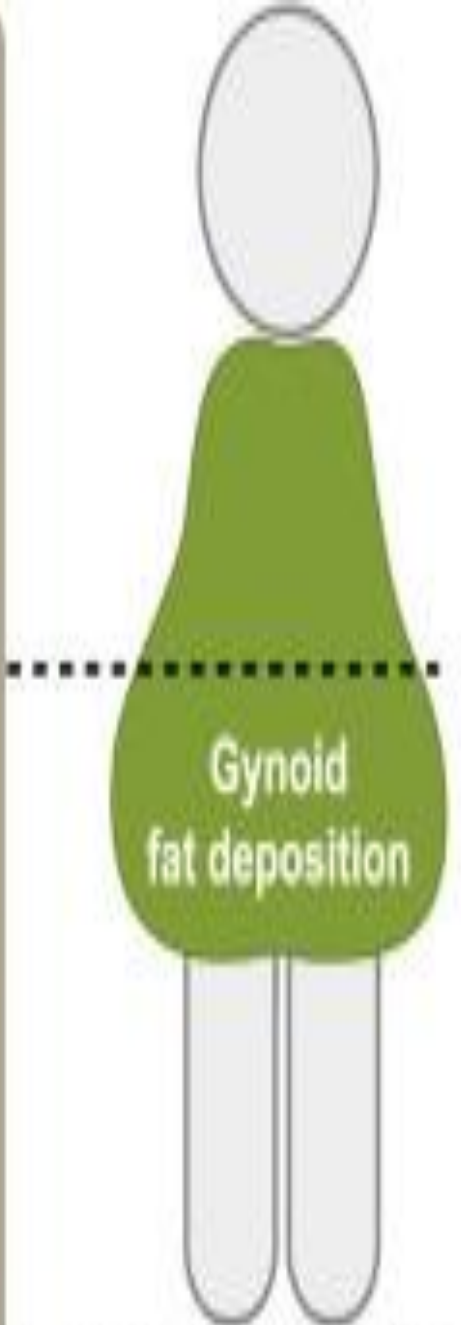
Distribution of fat is different due to hormonal & metabolic factors

Apple VS pear





APPLE SHAPE



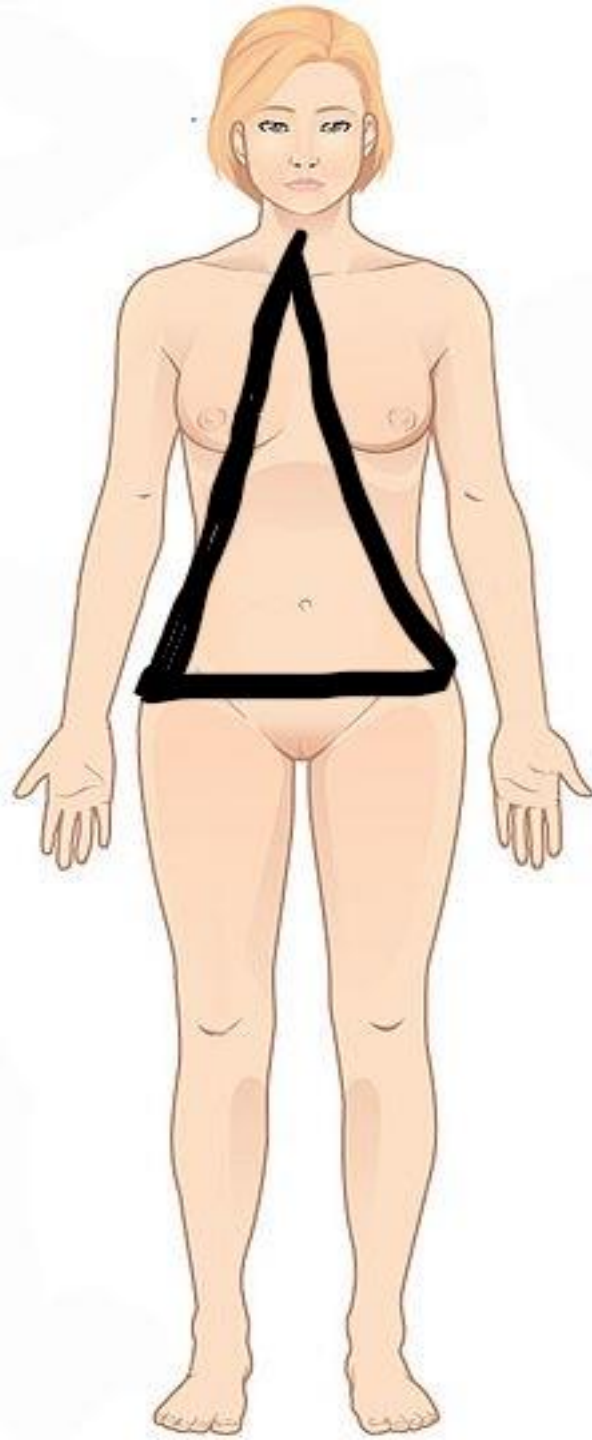
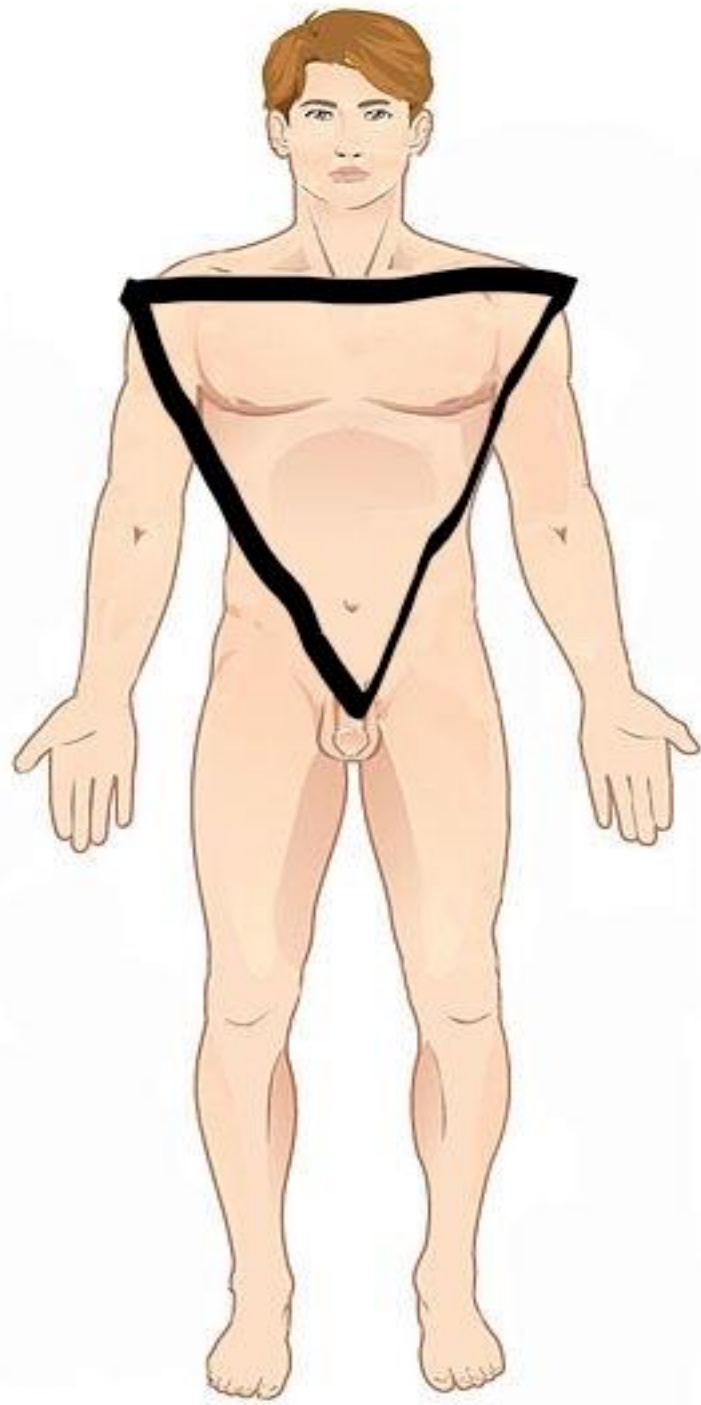
PEAR SHAPE

Also grossly

The shoulder region of the male is wider than the pelvic region and could be represented by inverted triangle..

For the female this may be misleading because of the location of the breasts

But the pelvic region is wider than the shoulder region which could be represented by normal triangle.



The boney landmarks

Of the male are more prominent

The male bone is more rough and more thick this is due to the traction force of strong muscles of the male .

For the female it is thin and smooth.

Male clavicle

Perforations within the bone are more in
male

Female clavicle

Perforations within the bone are less in
female



**These differences enable the
archaeologists and anatomists**

To differentiate between the male
and female

And also between the kings and
workers of old Egypt.





Also the dimensional differences obliged the manufacturers to

**Made
female
bicycles
with
Special
dimensions**



Men Bicycles



Women Bicycles





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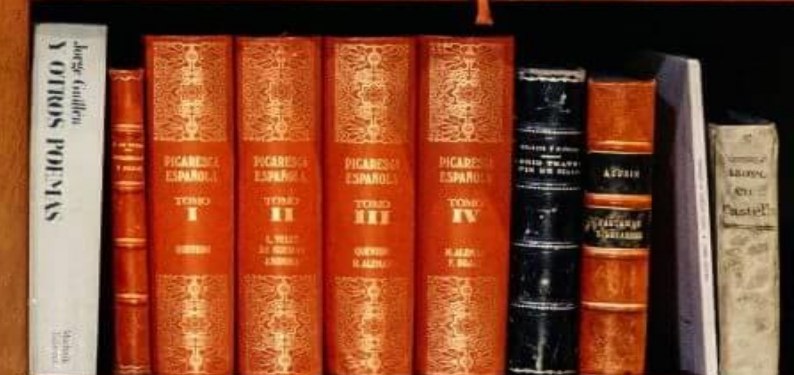
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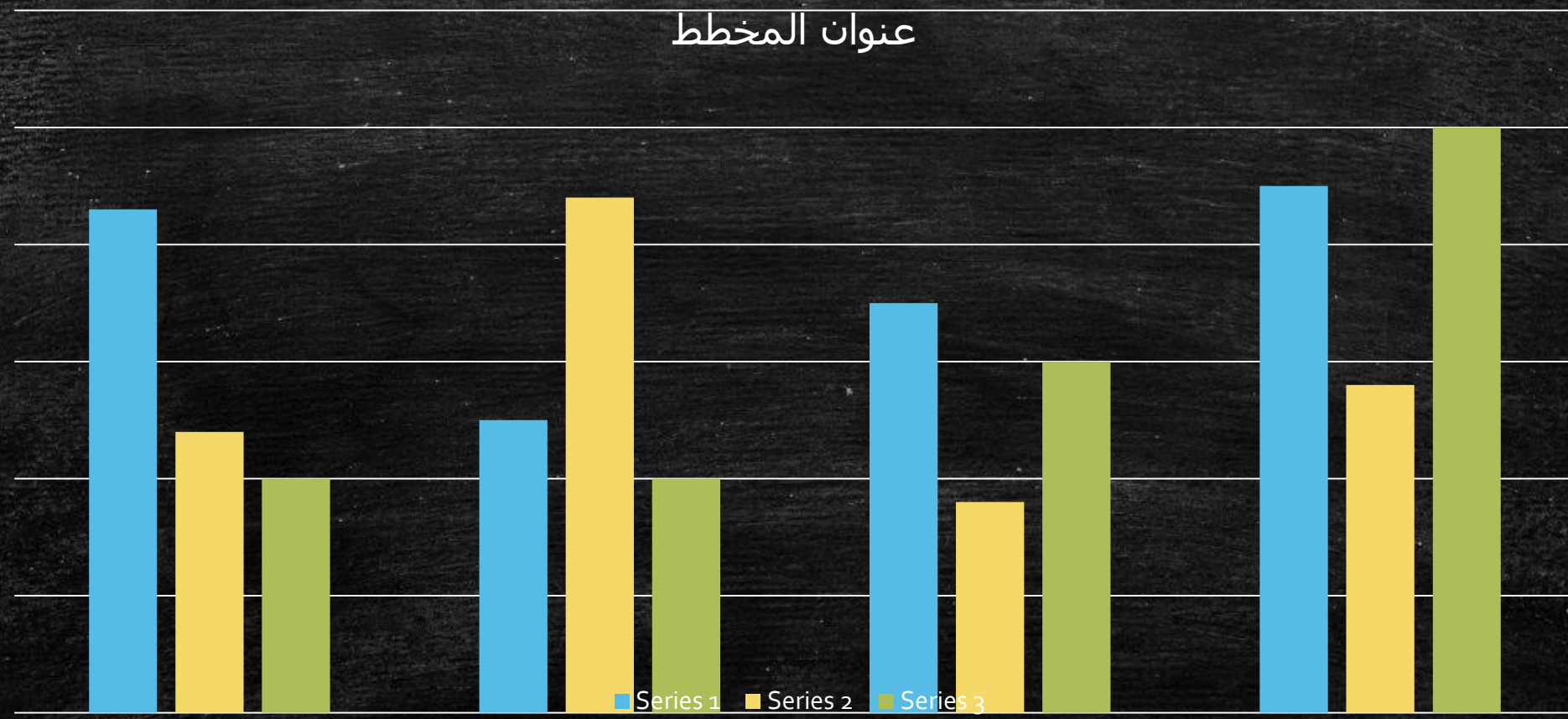
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Title and Content Layout with Chart



Two Content Layout with Table

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- Second bullet point here
- Third bullet point here

Class	Group A	Group B
Class 1	82	95
Class 2	76	88
Class 3	84	90

Two Content Layout with SmartArt

Group A

- Task 1
- Task 2

Group B

- Task 1
- Task 2

Group C

- Task 1

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Add a Slide Title - 5

