**Directions: Run through with your partner and then switch. Feel free to change the regions or side to help not remember the answers.**

Place your right hand on your left elbow

Point to your lateral meniscus (knee)

Point to something that is distal to your elbow

Place your right thumb on your contralateral elbow

Point to your ventral trunk

Move you thumb distally on your arm

Place your left hand on your ipsilateral knee

Place your right hand just inferior to your left clavicle

Move your hand laterally

Point to the medial aspect of your elbow

Point to the dorsal aspect of your leg

Place both hands proximal to your kneecap

Move your hands cranially

Point to the anterior aspect of your knee

Point to a structure caudal in relationship to your belly button.

Place your arm in the orientation of a transverse section

Place your arm in the orientation of a coronal section

Place your arm along the midsagittal line

Show an example of an oblique section

**REGIONS**

Point to your left calcaneal region

Point to your sternal area

Place your hand on your occipital region

Point to your hallux region

Move your right hand along the left antebrachial region

Place a hand on your lumbar region

Place your right hand on your popliteal area.

Point to your sural area

Point to the olecranal region

Point to your axillary region

Point to your acromial region

Point to your right metatarsal region

Point to your right otic area

Point to your left inguinal region

Point to your mental region

Point to your right fibular region

Point to your cervical region

Point to your coxal region

Point to your left femoral region

Point to your epigastric region

Point to your left brachial region

Point to your right orbital region

What structure is lateral to the nasal region

Name a structure that is proximal to your olecranal

Name a region that is distal to your metatarsal region

Describe the relationship between your elbow’s olecranol region and palm in as many ways as you can.