

2 Human body

Části těla se v angličtině uvádějí buď s určitým členem „the heart“ nebo s přivlastňovacím zájmenem „my heart.“

„Strana“ se při anatomickém popisu překládá jako „aspect,“ např. „medial aspect of the forearm“ mediální strana předloktí.

2.1 Body parts

2.1.1 Head and neck

Hlava a krk

Inside the head is the **brain**, which is responsible for thinking. Beneath the hairline at the front of the **face** is the **forehead**. The flat areas on either side of the forehead above the ears are called **temples**. Underneath the forehead are the **eyes** with eyebrows, and upper and lower eyelids, the **nose** with two **nostrils**, and the **mouth** with upper and lower **lips**. On the inside of the mouth are the **teeth** set in **jaws** and the **tongue**. Food is swallowed down the **throat**. At the sides of the face are the **cheeks** and at the sides of the head are the **ears**. At the bottom of a person's face is the **chin**. The **neck** attaches the head to the **upper body**. It contains the cervical **vertebrae**, the **pharynx**, the **larynx** (**voice box**), **vessels** and **nerves**. The **thyroid gland** lies on the anterior aspect of the neck.

2.1.2 Trunk

Trup

The **diaphragm** divides the trunk into the **thoracic cavity** and the **abdominal cavity** at its lower end. The bony framework of the **thorax** (**chest**), also called **ribcage**, is the **sternum** and **vertebral column** (**spinal column, spine, backbone**) connected by the **ribs**. The **spine** is composed of vertebrae, each having a spinal canal through which runs the **spinal cord**. The spine is divided into 5 regions: **cervical, thoracic, lumbar, sacral** and **coccygeal**. The back can be divided into three parts: upper back, mid-back and low back.

Inside the thoracic cavity are the **lungs**, the **heart**, the great blood vessels, the **trachea** and the **oesophagus**. Inside the abdominal cavity we find the **stomach**, the **liver**, **gallbladder**, the **pancreas**, the **spleen**, the **small** and **large intestines**. The **peritoneum** is the double-folded membrane surrounding the abdominal cavity. The **kidneys** are situated behind (retroperitoneal area) the abdominal cavity on either side of the backbone. In the pelvic cavity are the portions of the small and large intestines, the **urinary bladder**; **uterus** and **vagina** in the female.

At the top and front of the upper body, just below the neck is the **collar bone**. On the front side of the upper body is the **chest**, which in women includes the **breasts**. Babies suck on the **nipples** of their mother's breasts. Beneath the **ribcage** are the **stomach (abdomen, belly)** and the **waist**. The **navel (umbilicus)**, more commonly referred to as the **belly button**, is located here as well. The rear side of the trunk is called the **back**, inside which the spine connects the upper body to the lower body.

Below the waist, on left and right, are the **hips**. Between the hips are the **reproductive organs (genitals, private parts, „down bellow“)**, the **penis** (male) or the **vagina** (female). At the back of the lower body are the **buttocks** for sitting on. They are also commonly referred to as the **bum** (especially with children). „**Back passage**“ means **anus**.

2.1.3 Upper limbs (upper extremities UEs, arms)

Horní končetiny

The **arms** are attached to the **shoulders**. (The shoulder, the collar bone and the shoulder blade form the **shoulder girdle**.) Beneath shoulder is the area called the **armpit** or **underarm**. Between the shoulder and the elbow is the upper arm. The joint halfway down the arm is the **elbow** (funny bone). Between the elbow and the next joint, the **wrist**, is the **forearm**. Below the wrist is the **hand** with four **fingers** and one **thumb**. Beside the thumb is the **index** finger (forefinger). Beside the index finger is the **middle** finger, followed by the **ring** finger and the **little** finger. Ends of fingers are called **fingertips**. At the ends of the fingers are **fingernails**. The dorsal aspect of the hand is called the back of the hand; the ventral aspect is the **palm**. A hand with the

fingers clenched in the palm is called the **fiſt**. A joint of a finger when the fiſt is closed is called the **knuckle**.

2.1.4 Lower limbs (lower extremities, LEs, legs)

Dolní končetiny

The lower extremity is attached to the pelvic girdle through the hip joint. The crease at the junction of the inner part of the thigh with the trunk is called the **groin**. At the top of the leg is the hip joint followed by the **thigh**. The joint in the middle of the leg is the **knee**. It is protected by the **patella (kneecap)**. The posterior aspect of the knee is called the **knee pit**. The front of the lower leg is the **shin** and the back of the lower leg is the **calf**. The **ankle** connects the **foot** to the leg. The foot consists of the **dorsum**, the **sole**, the **arches**, the **heel** and five **toes**. The smallest toe is often called the **little toe** while the large one is called the **big toe**. At the ends of the toes are **toenails**. Fingers and toes are digits.

2.2 Positional and directional terms

Výrazy určující pozici a směr

Anterior (ventral): front surface of the body.

Posterior (dorsal): the back side of the body.

Deep: away from the surface.

Superficial: on the surface.

Proximal: near the point of attachment to the trunk or near the beginning of a structure.

Distal: far from the point of attachment to the trunk or far from the beginning of a structure.

Inferior: below another structure. The term **caudal** or **lower** also means away from the head or below another structure.

Superior: above another structure. **Cephalic** or **upper** also means situated or directed toward the head.

Poznámka autorky: Český výraz kraniální ve smyslu horní (udání směru, pozice) se do angličtiny překládá jako „cephalic“, nikoliv „cranial.“

Medial: pertaining to the middle or nearer the medial plane of the body.

Lateral: pertaining to the side. Situated at or extending to the side.

Internal: situated on or toward the **inside; inner.**

External: situated on or toward the **outside; outer.**

Supine: lying on the back. The patient lies supine during an examination of the abdomen.

Prone: lying on the belly. The patient lies on his stomach in the prone position.

2.3 Body systems

Tělní systémy

Systems are groups of organs working together to perform complex functions. Organs are made of tissues. A **tissue** is a group of similar cells working together to do a specific job. A histologist is a scientist who specializes in the study of tissues. Adipose tissue is collection of fat cells. The body systems with their individual organs are listed next.

Circulatory (cardiovascular): heart, blood vessels (arteries, veins and capillaries), lymphatic vessels and nodes, spleen, thymus gland.

Respiratory: nose, pharynx, larynx (voice box), trachea (windpipe), bronchi, lungs.

Nervous: brain, spinal cord, nerves and collection of nerves.

Musculoskeletal: muscles, bones and joints.

Digestive: mouth, pharynx (throat), oesophagus (gullet, food pipe), stomach, intestines (small and large), liver, gallbladder, pancreas

Urinary (excretory): kidneys, ureters, urinary bladder, urethra.

Reproductive:

Female: ovaries, fallopian tubes, uterus (womb), vagina, mammary glands.

Male: testes and associated tubes, urethra, penis, prostate gland.

Endocrine: thyroid gland, pituitary gland, sex glands (ovaries and testes), adrenal glands, pancreas (islets of Langerhans), parathyroid glands.

Skin and sense organs: skin, hair, nails, sweat glands, and sebaceous (oil) glands; eye, ear, nose, and tongue.