Knee Report Decoder

Read a medical note using anatomical directions and planes

HAP.1.1 "Apply appropriate anatomical terminology when explaining the orientation of regions, directions, and body planes or sections."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline four comparisons between body structures, and circle the four plane names. Use your marks to track how the report describes locations and sections.

A Clear Report for a Knee Injury

1. After a soccer player twists her right knee, a clinician writes a report that another clinician must understand without guessing which way the player is facing. The report uses anatomical position as its fixed starting point: the person stands upright, faces forward, keeps arms at the sides, and turns palms forward. In this position, right and left always mean the patient's right and left. Turning the patient on an exam table does not change those labels. Direction words compare two structures, not the height of a body part above the floor. The clinician can therefore describe the same knee before and after the patient lies down.

2. The clinician checks several locations around the injury. The knee is distal to the hip and proximal to the ankle. The patella, or kneecap, lies anterior to the knee joint; the back of the knee is posterior to the patella. On the outer side of the lower leg, the fibula lies lateral to the tibia, which is closer to the body's midline. A tender spot on the inner side of the right knee is medial to the fibula. These comparisons remain true even when the player bends her knee. Words such as 'up' and 'down' would be less precise in a medical report.

3. To plan images, the clinician also names imaginary planes that divide the body. A sagittal plane divides left and right portions; a midsagittal plane makes equal left and right halves. A frontal plane divides anterior and posterior portions, while a transverse plane divides superior and inferior portions. An image made along one plane is called a section. For this injury, a transverse section through the knee can show the patella toward the anterior side and the structures behind it toward the posterior side. Naming both the section and its orientation helps the next clinician read the image correctly.

2 ANSWER WITH EVIDENCE

Use the passage

1. If the player lies down, does 'right knee' mean the clinician's right or the patient's right? Explain using the report's reference position.

2. Use direction terms to locate the patella relative to the knee joint and the fibula relative to the tibia.

3. Locate the knee relative to both the hip and the ankle using two different direction terms.

4. Which plane divides anterior and posterior portions? How is that different from a transverse plane?

3 YOUR TURN

Your own words

Write three sentences for a new medical note using anatomical position as your reference. Compare the elbow with the shoulder and wrist using proximal and distal, compare the sternum with the spine using anterior or posterior, and name the plane that divides the body into left and right portions.

ANSWER KEY

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PART 1 · READ AND MARK

Underline four comparisons between body structures, and circle the four plane names. Use your marks to track how the report describes locations and sections. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	If the player lies down, does 'right knee' mean the clinician's right or the patient's right? Explain using the report's reference position.	**It means the patient's right. Right and left are based on anatomical position, even when the patient lies down.**
2	Use direction terms to locate the patella relative to the knee joint and the fibula relative to the tibia.	**The patella is anterior to the knee joint. The fibula is lateral to the tibia.**
3	Locate the knee relative to both the hip and the ankle using two different direction terms.	**The knee is distal to the hip and proximal to the ankle.**
4	Which plane divides anterior and posterior portions? How is that different from a transverse plane?	**A frontal plane divides anterior and posterior portions. A transverse plane divides superior and inferior portions.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

The elbow is distal to the shoulder and proximal to the wrist. The sternum is anterior to the spine. A sagittal plane divides the body into left and right portions.

Accept equivalent correct comparisons, including that the spine is posterior to the sternum. For the plane, accept sagittal or midsagittal if the student describes left and right halves.