

Afferent nerve fibers refer to axonal projections that arrive at a particular region; as opposed to efferent projections that exit the region. These terms have a slightly different meaning in the context of the peripheral nervous system (PNS) and central nervous system (CNS).

In the PNS, afferent and efferent projections are always from the perspective of the spinal cord (see figures). PNS afferents are the axons of sensory neurons carrying sensory information from all over the body, into the spine. PNS efferents are the axons of spinal cord motor neurons that carry motor-movement signals out of the spine to the muscles

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