In the context of anatomy and biomechanics, the term “plane” refers to an imaginary flat surface used to describe the orientation and movement of body parts. There are three primary anatomical planes that are commonly used:

Sagittal Plane

Frontal (Coronal) Plane: This plane divides the body into front and back halves. Movements in the frontal plane include abduction (movement away from the body's midline) and adduction (movement toward the body's midline).

Transverse (Horizontal) Plane: This plane divides the body into upper and lower halves. Movements within the transverse plane include rotation, such as internal and external rotation of limbs.

Understanding these planes is crucial in describing the movements and positions of body parts. For example, when discussing a jumping jack exercise, you might describe the leg movements as occurring in the frontal plane (abduction and adduction) and the arm movements in the sagittal plane (flexion and extension).

In addition to these three primary planes, movements can also occur at oblique angles, combining elements of two or more planes. An understanding of anatomical planes is fundamental in various fields, including medicine, physical therapy, and sports science.