

Bharathidasan University
Centre for Differently Abled Persons
Khajamalai Campus
Tiruchirappalli-620 023
Tamilnadu



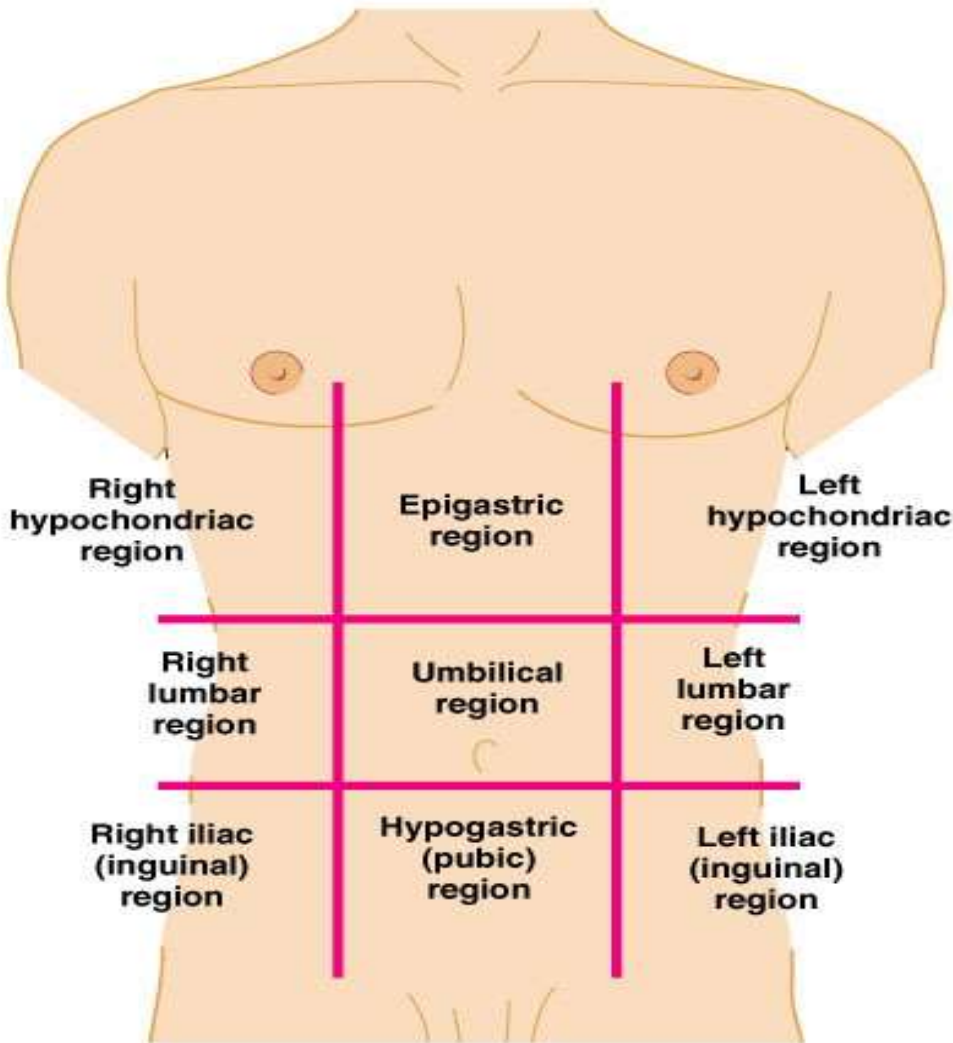
Diploma in Vocational Training and Management

Course: Sex Education and Self Advocacy Training

UNIT-5

**Compiled By
Dr.M.Prabavathy**

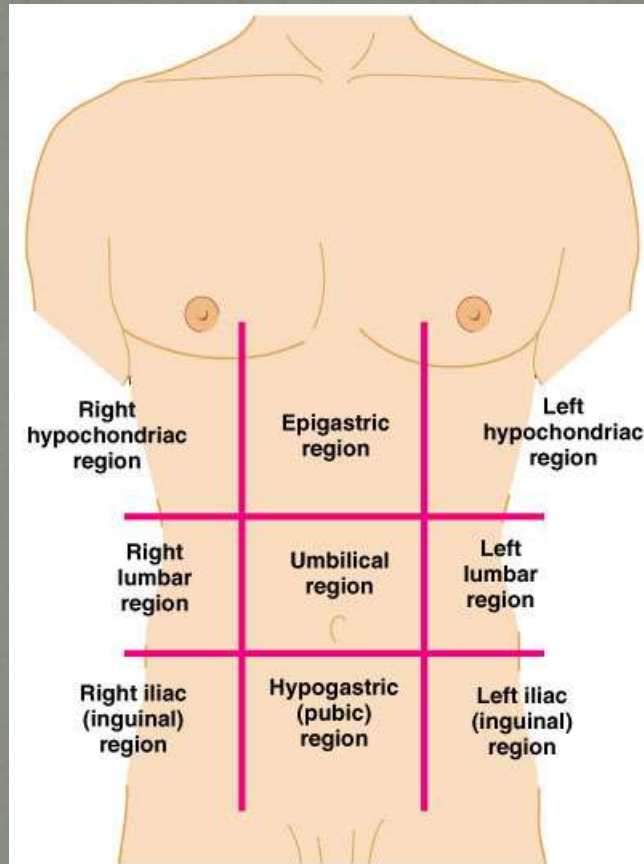
Abdominopelvic Regions



- Because the abdominopelvic cavity is large and contains several organs, it helps to divide it into smaller areas for study
 - **Cavity divided into 9 regions**
 - **Umbilical region:** centermost region deep to and surrounding the umbilicus (navel)
 - **Epigastric region:** located superior to the umbilical region (epi=upon, above; gastri=belly)
 - **Hypogastric (pubic) region:** located inferior to the umbilical region (hypo=below)

(a)

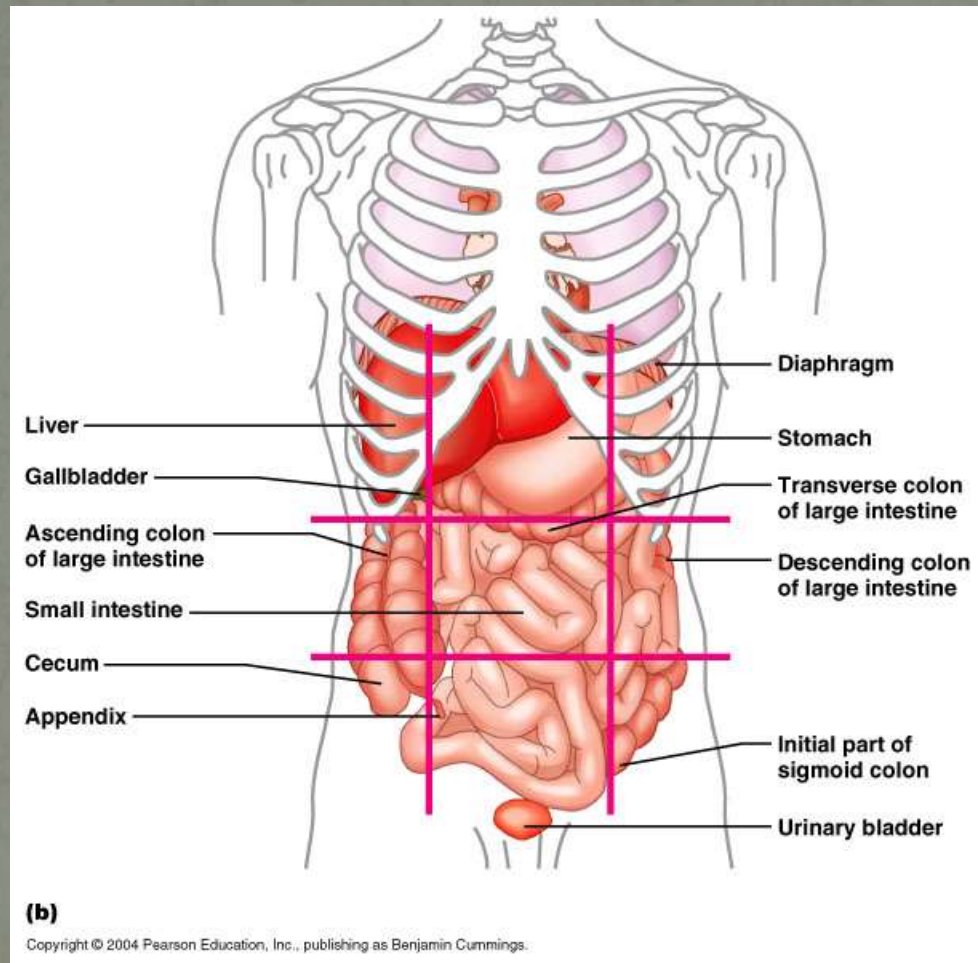
ABDOMINAL REGION



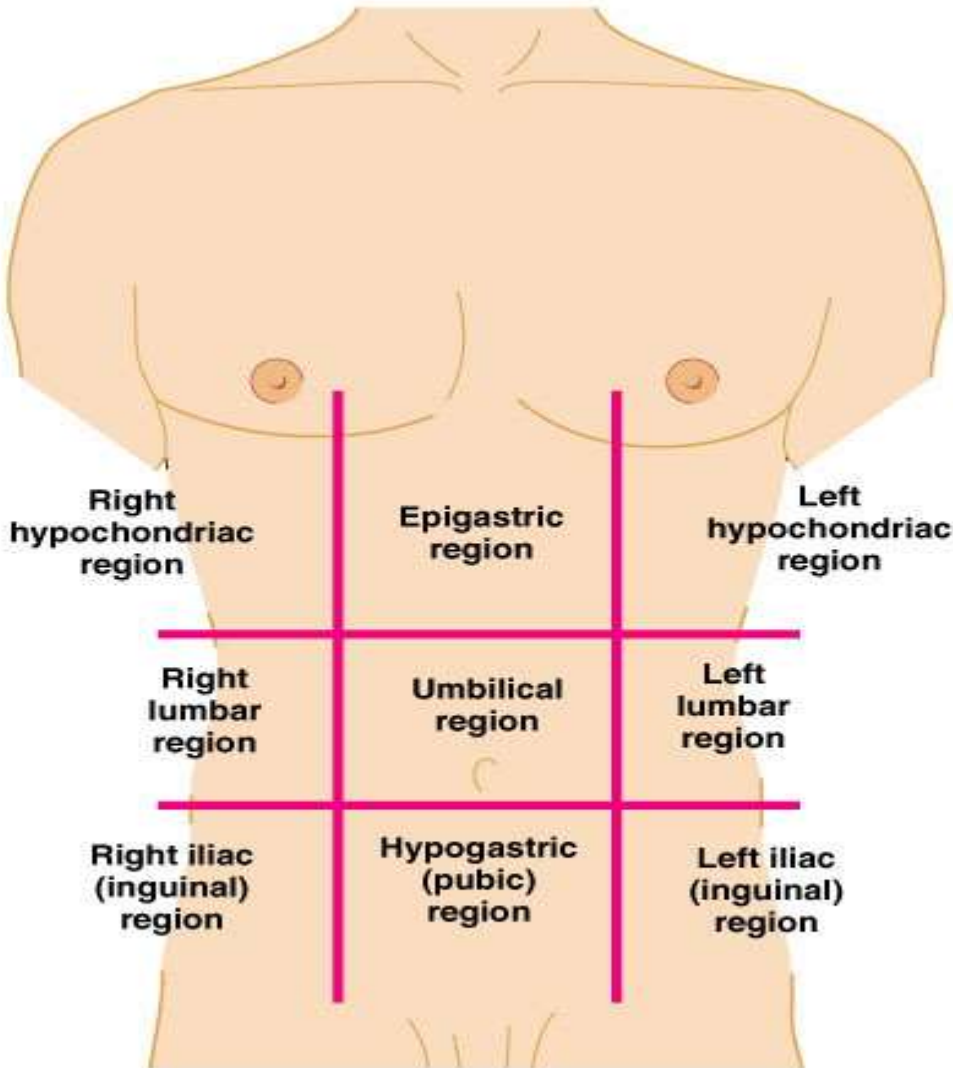
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ABDOMINAL REGIONS



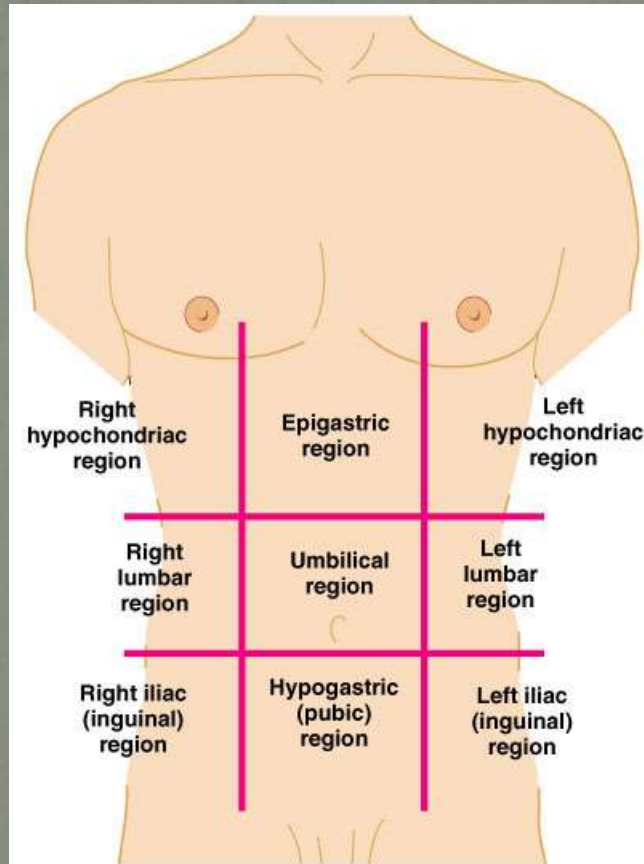
Abdominopelvic Regions



- **Right and left iliac, or inguinal regions:** located lateral to the hypogastric region (iliac=superior part of the hip bone)(inguinal=groin: between thigh and trunk)
- **Right and left lumbar regions:** lie lateral to the umbilical region (lumbus=loin: between ribs and pelvis)
- **Right and left hypochondriac regions:** flank the epigastric region laterally (chondro=cartilage)

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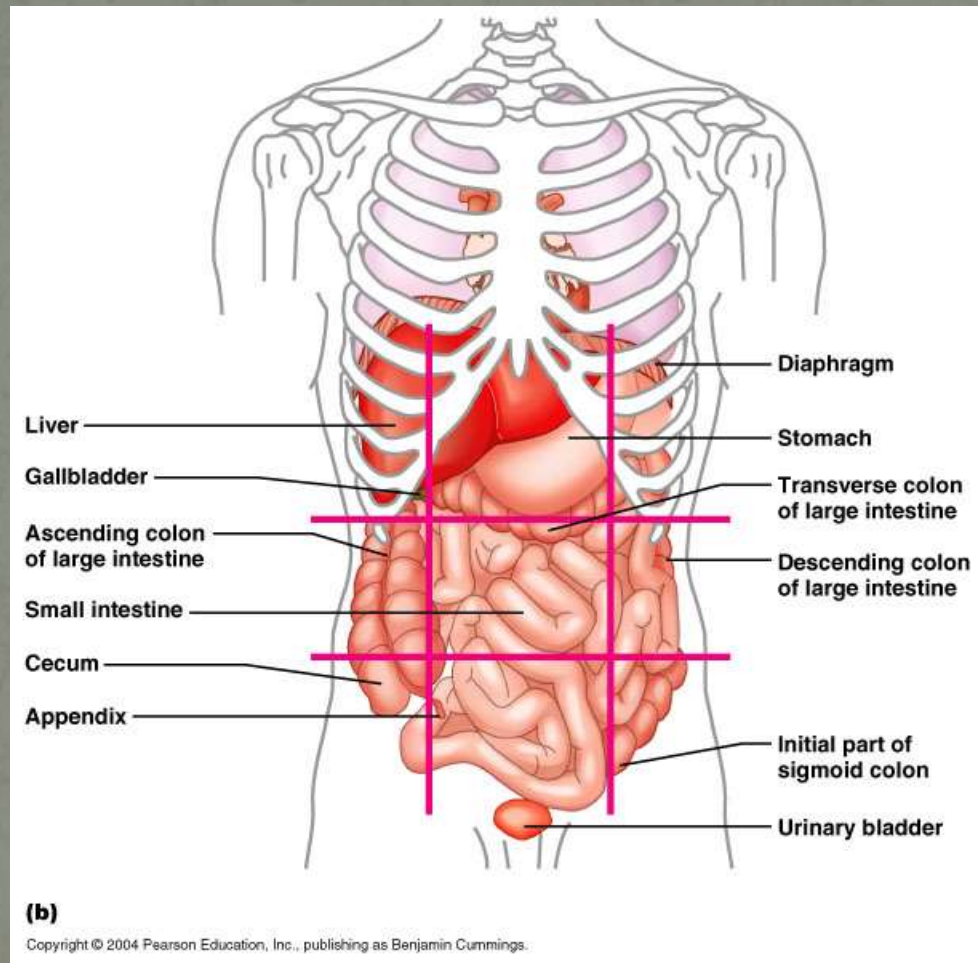
ABDOMINAL REGION



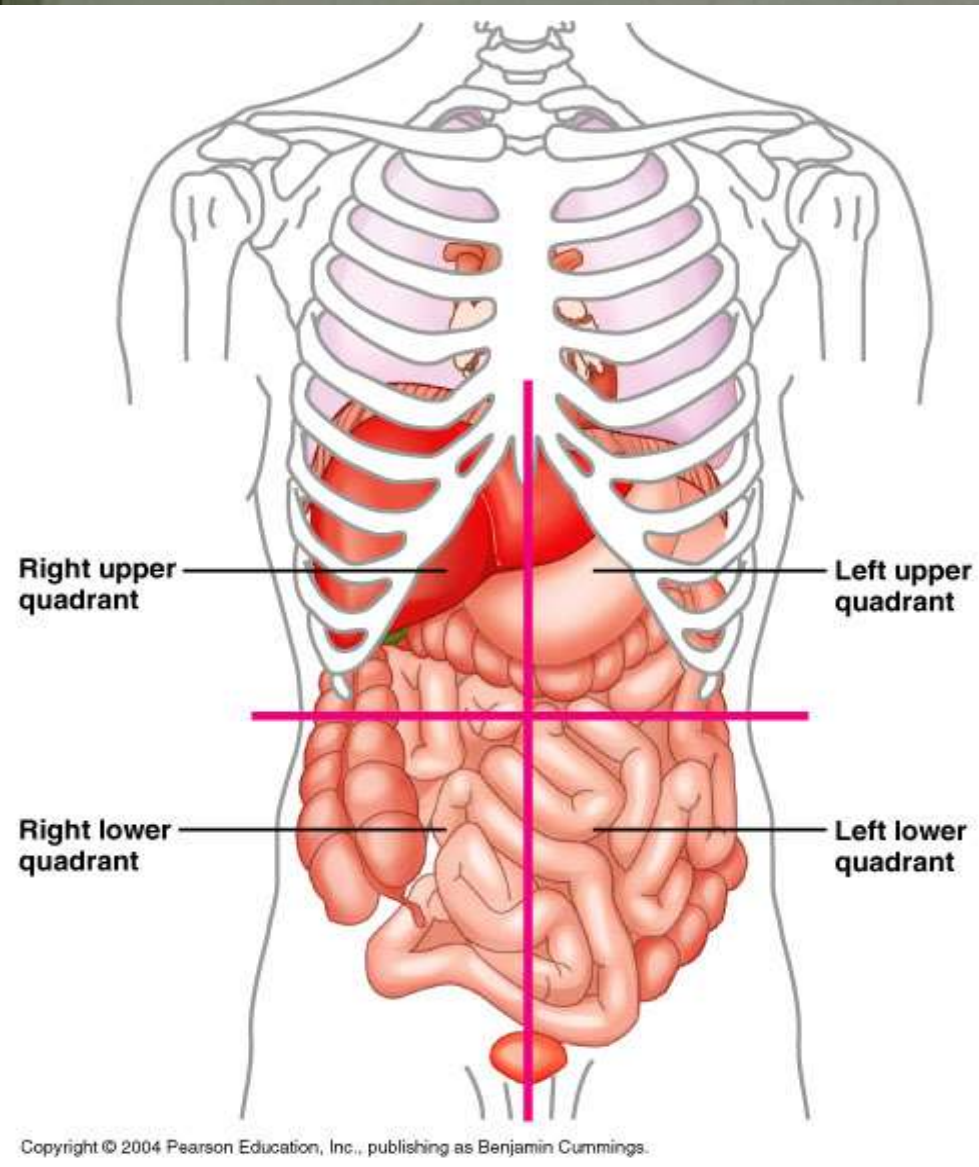
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ABDOMINAL REGIONS

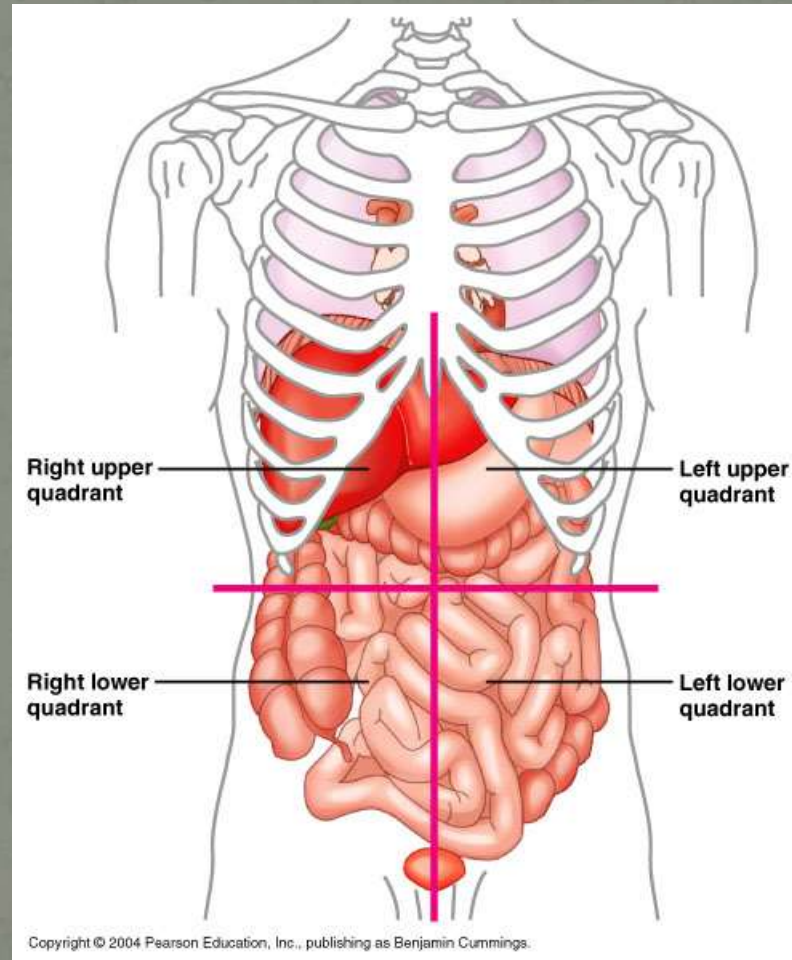


Quadrants

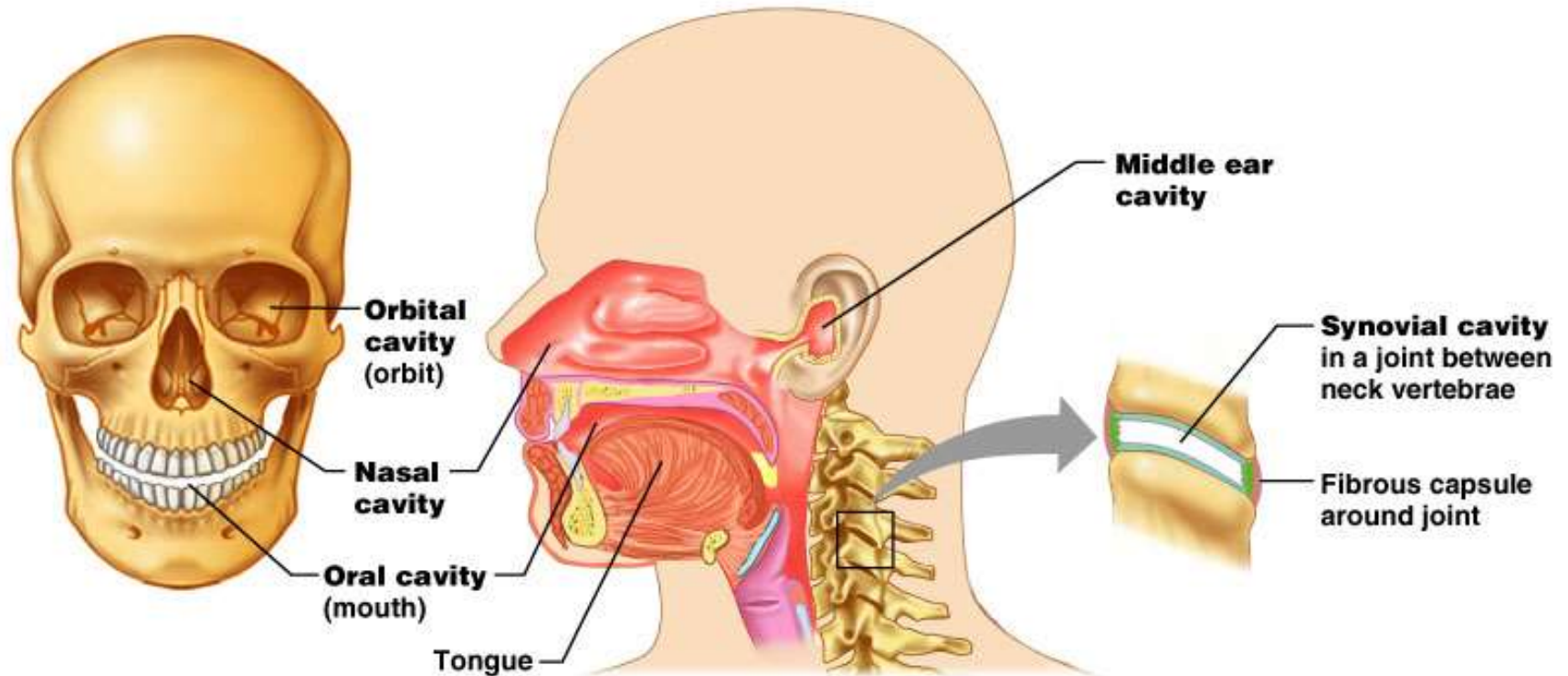


- Medical personnel usually use a simpler scheme to localize the abdominopelvic cavity organs
- In this scheme, one transverse and one median sagittal plane pass through the umbilicus at right angles
 - The resulting quadrants are named according to their positions from the subject's point of view:
 - Right upper quadrant (RUQ)
 - Left upper quadrant (LUQ)
 - Right lower quadrant (RLQ)
 - Left lower quadrant (LLQ)

ABDOMINAL REGION



OTHER CAVITIES



Self awareness

- Before you get to work
- • During arrival
- • Mid morning
- • Lunch
- • Rest •
- The afternoon
- • At the end of the day
- • At home

● Thank You