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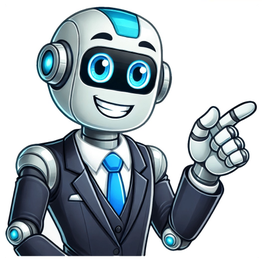

In anatomy and physiology, you'll learn how to divide the abdomen into nine different regions and four different quadrants. If you plan to enter a healthcare profession such as nursing, this is something you'll use on the job when performing abdominal assessments (and while documenting). The Four Abdominal Quadrants First, let's take a look at the four quadrants, which are created by an intersecting horizontal (transverse) plane, also called the transumbilical plane, and a median (midsagittal) plane. The four quadrants are easy to remember because they consist of a left upper quadrant (LUQ), left lower quadrant (LLQ), right upper quadrant (RUQ), and right lower quadrant (RLQ). Here are two important things to remember with these four quadrants: The navel (belly button) is the landmark you'll use to visualize these quadrants while doing assessments. This is the point at which the two planes cross. The terms "left/right" and "upper/lower" are always from the perspective of the anatomical position, not your perspective. Be careful not to mix up your right and left regions, as this is where most students make a mistake! Major Organs in the Four Quadrants Here are some of the major organs that you'll find in each of the four abdominal quadrants: Right Upper Quadrant: Liver, stomach, gallbladder, duodenum, right kidney, pancreas, and the right adrenal gland. Left Upper Quadrant: Liver, stomach, pancreas, left kidney, spleen, and the left adrenal gland. Right Lower Quadrant: appendix, reproductive organs, right ureter. Left Lower Quadrant: left ureter, reproductive organs NOTE: All four quadrants contain portions of the small and large intestines. The Nine Abdominal Regions The nine abdominal regions divide the abdomen into even smaller sections by using two parasagittal planes that run down the middle of the clavicle bones (also called midclavicular planes) and two horizontal (transverse) planes. The superior transverse plane is called the subcostal plane, and it is located just below the ribs. The intertubercular plane is the inferior transverse plane, and it intersects the tubercles of the pelvis, running just inferior to the navel. It's important for you to know the names and locations of these nine regions, so here are some tips for remembering them: First, let's cover the right and left columns, because they have the same exact name (distinguished by a left or right prefix), and they are named after the bones to which they are nearest. Remember, a huge tip for studying anatomy is to learn common prefixes and suffixes, as they will help you over and over again! Hypochondriac Regions (Left and Right): the prefix "hypo" means below or under. The word "chondriac" means cartilage, which is referring to the cartilage of the ribs. When we put them together, this is the abdominal region that is under the ribs. Boom. Easy. So you have a right and left hypochondriac region. Lumbar Regions (Left and Right): The word lumbar refers to the vertebrae in your lower back, which are the bones nearest to the lumbar region. That's where this region gets its name. Iliac Region (Left and Right): The top of the hip bone has what is called the iliac crest, and that's the bone closest to the iliac region. That takes care of the left and right columns. Now let's look at the abdominal regions in the middle column. Unlike the regions on the left and right side columns, these regions are named after their location relative to the stomach, not the bones. Epigastric Region: The prefix "epi" means above, or over, and "gastric" means stomach or belly. Therefore, this is the region over and above the belly. Umbilical Region: This is easy to remember because the umbilical region contains your navel, which is also called the umbilicus. The navel is the landmark for the four quadrant point of intersection, and it can also help you remember that the umbilical region makes up the middle of the nine abdominal regions. Hypogastric Region: We've already learned that hypo means "below," and gastric refers to the stomach or belly. So when we put the two together, we know that the hypogastric region is the region below the belly. If you need a quick memory trick to keep these regions straight, remember that for the side columns, the names are the same from top to bottom: Hypochondriac, then Lumbar, and then Iliac (HLI). For the middle column, the regions are Epigastric, then Umbilical, and then Hypogastric (EUH). Remember this phrase: Hector Loves Isabel Every Unceasing Hour. Organs in the Nine Abdominal Regions Now let's take a look at some of the major organs that you'll find in each region. In most basic anatomy courses, professors probably don't expect you to memorize a list of the organs you'll find in each region, but try to get a general understanding of where the organs are located. Right Hypochondriac Region: You'll find organs such as the liver, gallbladder, right kidney, and portions of the small and large intestine in this region. Epigastric Region: This region contains portions of the liver, as well as the stomach, pancreas, duodenum, spleen, and adrenal glands. Left Hypochondriac Region: This contains the spleen, large/small intestines, left kidney, pancreas, stomach, and tip of the liver. Right Lumbar Region: You'll find portions of the ascending colon, small intestine, and right kidney in this region. Umbilical Region: Here you'll find the duodenum, the small intestine, as well as the transverse colon. Left Lumbar Region: You'll find parts of the descending colon, small intestine, and left kidney in this region. Right Iliac Region: Here you'll find the appendix, cecum, ascending colon, and small intestine. Hypogastric Region: You'll find the bladder, portions of the sigmoid colon, small intestine, and reproductive organs in this region. Left Iliac Region: You'll find parts of the sigmoid colon, descending colon and small intestine in this region. Ready to test your knowledge? Take our free (and quick!) abdominal regions and quadrants quiz. Also, you might want to watch more of our anatomy and physiology lectures on YouTube, or check our anatomy and physiology notes. This article is about the part of the body, sometimes called the stomach. For the organ in the gastrointestinal tract, see Stomach. Part of the body between the chest and pelvis AbdomenThe human abdomen and organs which can be found beneath the surfaceDetailsActionsMovement and support for the torsoAssistance with breathingProtection for the inner organsPostural supportIdentifiersLatinabdomenGreekκοιλίαMeSHD000005TA98A01.1.00.016TA2127FMA9577Anatomical terminology[edit on Wikidata] The abdomen (colloquially called the gut, belly, tummy, midriff, tucky, or stomach[1]) is the front part of the torso between the thorax (chest) and pelvis in humans and in other vertebrates. The area occupied by the abdomen is called the abdominal cavity. In arthropods, it is the posterior tagma of the body; it follows the thorax or cephalothorax.[2] In humans, the abdomen stretches from the thorax at the thoracic diaphragm to the pelvis at the pelvic brim. The pelvic brim stretches from the lumbosacral joint (the intervertebral disc between L5 and S1) to the pubic symphysis and is the edge of the pelvic inlet. The space above this inlet and under the thoracic diaphragm is termed the abdominal cavity. The boundary of the abdominal cavity is the abdominal wall in the front and the peritoneal surface at the rear. In vertebrates, the abdomen is a large body cavity enclosed by the abdominal muscles, at the front and to the sides, and by part of the vertebral column at the back. Lower ribs can also enclose ventral and lateral walls. The abdominal cavity is continuous with, and above, the pelvic cavity. It is attached to the thoracic cavity by the diaphragm. Structures such as the aorta, inferior vena cava and esophagus pass through the diaphragm. Both the abdominal and pelvic cavities are lined by a serous membrane known as the parietal peritoneum. This membrane is continuous with the visceral peritoneum lining the organs.[3] The abdomen in vertebrates contains a number of organs belonging to, for instance, the digestive system, urinary system, and muscular system. Main article: Abdominal cavitySee also: List of organs of the human body The abdominal cavity contains most organs of the digestive system, including the stomach, the small intestine, and the colon with its attached appendix. Other digestive organs are known as the accessory digestive organs and include the liver, its attached gallbladder, and the pancreas, and these communicate with the rest of the system via various ducts. The spleen, and organs of the urinary system including the kidneys, and adrenal glands also lie within the abdomen, along with many blood vessels including the aorta and inferior vena cava. The urinary bladder, uterus, fallopian tubes, and ovaries may be seen as either abdominal organs or as pelvic organs. Finally, the abdomen contains an extensive membrane called the peritoneum. A fold of peritoneum may completely cover certain organs, whereas it may cover only one side of organs that usually lie closer to the abdominal wall. This is called the retroperitoneum, and the kidneys and ureters are known as retroperitoneal organs. View of the various organs and blood-vessels in proximity with liver. The relations of the viscera and large vessels of the abdomen, seen from behind. Main article: Abdominal muscles (Left) Henry Gray (1825–1861). Anatomy of the Human Body.(Right) A male abdomen. There are three layers of muscles in the abdominal wall. They are, from the outside to the inside: external oblique, internal oblique, and transverse abdominal.[4] The first three layers extend between the vertebral column, the lower ribs, the iliac crest and pubis of the hip. All of their fibers merge towards the midline and surround the rectus abdominis in a sheath before joining up on the opposite side at the linea alba. Strength is gained by the criss-crossing of fibers, such that the external oblique runs downward and forward, the internal oblique upward and forward, and the transverse abdominal horizontally forward.[4] The transverse abdominal muscle is flat and triangular, with its fibers running horizontally. It lies between the internal oblique and the underlying transverse fascia. It originates from the inguinal ligament, costal cartilages 7–12, the iliac crest and thoracolumbar fascia. Inserts into the conjoint tendon, xiphoid process, linea alba and the pubic crest. The rectus abdominis muscles are long and flat. The muscle is crossed by three fibrous bands called the tendinous intersections. The rectus abdominis is enclosed in a thick sheath, formed as described above, by fibers from each of the three muscles of the lateral abdominal wall. They originate at the pubis bone, run up the abdomen on either side of the linea alba, and insert into the cartilages of the fifth, sixth, and seventh ribs. In the region of the groin, the inguinal canal, is a passage through the layers. This gap is where the testes can drop through the wall and where the fibrous cord from the uterus in the female runs. This is also where weakness can form, and cause inguinal hernias.[4] The pyramidalis muscle is small and triangular. It is located in the lower abdomen in front of the rectus abdominis. It originates at the pubic bone and is inserted into the linea alba halfway up to the navel. Abdominal organs anatomy. Functionally, the human abdomen is where most of the digestive tract is placed and so most of the absorption and digestion of food occurs here. The alimentary tract in the abdomen consists of the lower esophagus, the stomach, the duodenum, the jejunum, ileum, the cecum and the appendix, the ascending, transverse and descending colons, the sigmoid colon and the rectum. Other vital organs inside the abdomen include the liver, the kidneys, the pancreas and the spleen. The abdominal wall is split into the posterior (back), lateral (sides), and anterior (front) walls. The abdominal muscles have different important functions. They assist as muscles of exhalation in the breathing process during forceful exhalation. Moreover, these muscles serve as protection for the inner organs. Furthermore, together with the back muscles they provide postural support and are important in defining the form. When the glottis is closed and the thorax and pelvis are fixed, they are integral in the cough, urination, defecation, childbirth, vomit, and singing functions.[4] When the pelvis is fixed, they can initiate the movement of the trunk in a forward motion. They also prevent hyperextension. When the thorax is fixed, they can pull up the pelvis and finally, they can bend the vertebral column sideways and assist in the trunk's rotation.[4] The transverse abdominis muscle is the deepest muscle; therefore, it cannot be touched from the outside. It can greatly affect the body's posture. The internal obliques are also deep and also affect body posture. Both of them are involved in rotation and lateral flexion of the spine and are used to bend and support the spine from the front. The external obliques are more superficial and are also involved in rotation and lateral flexion of the spine. They also stabilize the spine when upright. The rectus abdominis muscle is not the most superficial abdominal muscle. The tendonous sheath extending from the external obliques cover the rectus abdominis. The rectus abdominis is the muscle that very fit people develop into "six-pack" abs, though there are five vertical sections on each side. The two bottom sections are just above the pubic bone and usually not visible. The rectus abdominals' function is to bend one's back forward (flexion). The main work of the abdominal muscles is to bend the spine forward when contracting concentrically.[5] See also: Midriff and Navel in popular culture Social and cultural perceptions of the outward appearance of the abdomen has varying significance around the world. Depending on the type of society, excess weight can be perceived as an indicator of wealth and prestige due to excess food, or as a sign of poor health due to lack of exercise. In many cultures, bare abdomens are distinctly sexualized and perceived similarly to breast cleavage. Main article: Abdominal exercise The Superman exercise, involving balancing solely with the abdomen (on a folded towel) while raising the upper torso and pelvis off the floor with the limbs bent. There are numerous variations.[6] Being key elements of spinal support, and contributors to good posture, it is important to properly exercise the abdominal muscles together with the back muscles because when these are weak or overly tight they can suffer painful spasms and injuries. When properly exercised, abdominal muscles contribute to improved posture and balance, reduce the likelihood of back pain episodes, reduce the severity of back pain,[7] protect against injury,[8] help avoid some back surgeries, and help with the healing of back problems, or after spine surgery. When strengthened, the abdominal muscles provide flexibility as well. The abdominal muscles can be worked by strength and fitness exercises, and through practicing disciplines of general body strength such as Pilates,[9] yoga,[10] tai chi, and jogging. Abdominal obesity is a condition where abdominal fat or visceral fat, has built up excessively between the abdominal organs. This is associated with a higher risk of heart disease, asthma and type 2 diabetes. Abdominal trauma is an injury to the abdomen and can involve damage to the abdominal organs. There is an associated risk of severe blood loss and infection.[11] Injury to the lower chest can cause injuries to the spleen and liver.[12] A scaphoid abdomen is when the abdomen is sucked inwards.[13] In a newborn, it may represent a diaphragmatic hernia.[14] In general, it is indicative of malnutrition.[15] Main article: Gastrointestinal disease Many gastrointestinal diseases affect the abdominal organs. These include stomach disease, liver disease, pancreatic disease, gallbladder and bile duct disease; intestinal diseases include enteritis, coeliac disease, diverticulitis, and irritable bowel syndrome. Different medical procedures can be used to examine the organs of the gastrointestinal tract. These include endoscopy, colonoscopy, sigmoidoscopy, enteroscopy, oesophagogastroduodenoscopy and virtual colonoscopy. There are also a number of medical imaging techniques that can be used. Surface landmarks are important in the examination of the abdomen. Surface projections of the organs of the trunk, from which organ locations are derived mainly from vertebra levels, ribs and the ilium. In the mid-line, a slight furrow extends from the xiphoid process above to the pubic symphysis below, representing the linea alba in the abdominal wall. At about its midpoint sits the umbilicus or navel. The rectus abdominis on each side of the linea alba stands out in muscular people. The outline of these muscles is interrupted by three or more transverse depressions indicating the tendinous intersections. There is usually one about the xiphoid process, one at the navel, and one in between. It is the combination of the linea alba and the tendinous intersections which form the abdominal "six-pack" sought after by many people. The upper lateral limit of the abdomen is the subcostal margin (at or near the subcostal plane) formed by the cartilages of the false ribs (8, 9, 10) joining one another. The lower lateral limit is the anterior crest of the ilium and Poupart's ligament, which runs from the anterior superior spine of the ilium to the spine of the pubis. These lower limits are marked by visible grooves. Just above the pubic spines on either side are the external abdominal rings, which are openings in the muscular wall of the abdomen through which the spermatic cord emerges in the male, and through which an inguinal hernia may rupture. One method by which the location of the abdominal contents can be appreciated is to draw three horizontal and two vertical lines. Front of abdomen, showing markings for duodenum, pancreas, and kidneys. The highest of the former is the transpyloric line of C. Addison, which is situated halfway between the suprasternal notch and the top of the pubic symphysis, and often cuts the pyloric opening of the stomach an inch to the right of the mid-line. The hilum of each kidney is a little below it, while its left end approximately touches the lower limit of the spleen. It corresponds to the first lumbar vertebra behind. The second line is the subcostal line, drawn from the lowest point of the subcostal arch (tenth rib). It corresponds to the upper part of the third lumbar vertebra, and it is an inch or so above the umbilicus. It indicates roughly the transverse colon, the lower ends of the kidneys, and the upper limit of the transverse (3rd) part of the duodenum. The third line is called the intertubercular line, and runs across between the two rough tubercles, which can be felt on the outer lip of the crest of the ilium about two and a half inches (64 mm) from the anterior superior spine. This line corresponds to the body of the fifth lumbar vertebra, and passes through or just above the ileo-caecal valve, where the small intestine joins the large intestine. The two vertical or mid-Poupart lines are drawn from the point midway between the anterior superior spine and the pubic symphysis on each side, vertically upward to the costal margin. The right one is the most valuable, as the ileo-caecal valve is situated where it cuts the intertubercular line. The orifice of the appendix lies an inch lower, at McBurney's point. In its upper part, the vertical line meets the transpyloric line at the lower margin of the ribs, usually the ninth, and here the gallbladder is situated. The left mid-Poupart line corresponds in its upper three-quarters to the inner edge of the descending colon. The right subcostal margin corresponds to the lower limit of the liver, while the right nipple is about half an inch above its upper limit. Side-by-side comparison of quadrants and regions. Main article: Quadrants and regions of abdomen The abdomen can be divided into quadrants or regions to describe the location of an organ or structure. Classically, quadrants are described as the left upper, left lower, right upper, and right lower.[citation needed] Quadrants are also often used in describing the site of an abdominal pain.[16] The abdomen can also be divided into nine regions. right hypochondriac/hypochondrium epigastric/epigastrium left hypochondriac/hypochondrium right lumbar/flank/latus/lateral umbilical left lumbar/flank/latus/lateral right inguinal/iliac hypogastric/suprapubic left inguinal/iliac These terms stem from "hypo" meaning "below" and "epi" means "above", while "chondron" means "cartilage" (in this case, the cartilage of the rib) and "gaster" means stomach. The reversal of "left" and "right" is intentional, because the anatomical designations reflect the patient's own right and left.) The "right iliac fossa" (RIF) is a common site of pain and tenderness in patients who have appendicitis. The fossa is named for the underlying iliac fossa of the hip bone, and thus is somewhat imprecise. Most of the anatomical structures that will produce pain and tenderness in this region are not in fact in the concavity of the ileum. However, the term is in common usage. Further information: Chordata See also: Mammal anatomy Abdominal organs can be highly specialized in some mammals. For example, the stomach of ruminants, (a suborder of mammals that includes cattle and sheep), is divided into four chambers – rumen, reticulum, omasum and abomasum.[17] In arthropods, the abdomen is built up of a series of upper plates known as tergites and lower plates known as sternites, the whole being held together by a tough yet stretchable membrane. The analogous gross morphologies of a human and an ant. In the worker ant, the abdomen consists of the propodeum fused to the thorax and the metasoma, itself divided into the narrow petiole and bulbous gaster. In insects, the abdomen contains the insect's digestive tract and reproductive organs. It consists of eleven segments in most orders of insects, though the eleventh segment is absent in the adult of most higher orders. The number of these segments does vary from species to species with the number of segments visible reduced to only seven in the common honey bee. In the Collembola (springtails), the abdomen has only six segments. The abdomen is sometimes highly modified. In Apocrita (bees, ants and wasps), the first segment of the abdomen is fused to the thorax and is called the propodeum. In ants, the second segment forms the narrow petiole. Some ants have an additional postpetiole segment, and the remaining segments form the bulbous gaster.[18] The petiole and gaster (abdominal segments 2 and onward) are collectively called the metasoma. Unlike other arthropods, insects possess no legs on the abdomen in adult form, though the Protura do have rudimentary leg-like appendages on the first three abdominal segments, and Archaeognatha possess small, articulated "styli" which are sometimes considered to be rudimentary appendages. Many larval insects including the Lepidoptera and the Symphyta (sawflies) have fleshy appendages called prolegs on their abdominal segments (as well as their more familiar thoracic legs), which allow them to grip onto the edges of plant leaves as they walk around. In arachnids (spiders, scorpions and relatives), the term "abdomen" is used interchangeably with "opisthosoma" ("hind body"), which is the body section posterior to that bearing the legs and head (the prosoma or cephalothorax). This article uses anatomical terminology. Abdominal fat ^ "Thesaurus results for abdomen". dictionary.cambridge.org. 2025-04-27. Retrieved 2025-04-27. ^ Abdomen. Dictionary.com. 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Retrieved 2013-11-27. ^ Saladin, Kenneth (2011). Human anatomy. McGraw-Hill. p. 14. ISBN 9780071222075. ^ "Ruminant." The Veterinary Dictionary. Elsevier, 2007. Retrieved 22 October 2007 ^ "Glossary of Descriptive Terminology". Desertants.org. Archived from the original on 17 May 2013. Retrieved 2013-07-08. Look up abdomen in Wiktionary, the free dictionary. "Abdomen" . Collier's New Encyclopedia. 1921. Media related to Abdomen at Wikimedia Commons Retrieved from " In anatomy and physiology, you'll learn how to divide the abdomen into nine different regions and four different quadrants. If you plan to enter a healthcare profession such as nursing, this is something you'll use on the job when performing abdominal assessments (and while documenting). The Four Abdominal Quadrants First, let's take a look at the four quadrants, which are created by an intersecting horizontal (transverse) plane, also called the transumbilical plane, and a median (midsagittal) plane. 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Take our free (and quick!) abdominal regions and quadrants quiz. Also, you might want to watch more of our anatomy and physiology lectures on YouTube, or check our anatomy and physiology notes. In anatomy and physiology, you'll learn how to divide the abdomen into nine different regions and four different quadrants. If you plan to enter a healthcare profession such as nursing, this is something you'll use on the job when performing abdominal assessments (and while documenting). The Four Abdominal Quadrants First, let's take a look at the four quadrants, which are created by an intersecting horizontal (transverse) plane, also called the transumbilical plane, and a median (midsagittal) plane. The four quadrants are easy to remember because they consist of a left upper quadrant (LUQ), left lower quadrant (LLQ), right upper quadrant (RUQ), and right lower quadrant (RLQ). 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The Nine Abdominal Regions The nine abdominal regions divide the abdomen into even smaller sections by using two parasagittal planes that run down the middle of the clavicle bones (also called midclavicular planes) and two horizontal (transverse) planes. The superior transverse plane is called the subcostal plane, and it is located just below the ribs. The intertubercular plane is the inferior transverse plane, and it intersects the tubercles of the pelvis, running just inferior to the navel. It's important for you to know the names and locations of these nine regions, so here are some tips for remembering them: First, let's cover the right and left columns, because they have the same exact name (distinguished by a left or right prefix), and they are named after the bones to which they are nearest. Remember, a huge tip for studying anatomy is to learn common prefixes and suffixes, as they will help you over and over again! Hypochondriac Regions (Left and Right): the prefix "hypo" means below or under. The word "chondriac" means cartilage, which is referring to the cartilage of the ribs. When we put them together, this is the abdominal region that is under the ribs. Boom. Easy. So you have a right and left hypochondriac region. Lumbar Regions (Left and Right): The word lumbar refers to the vertebrae in your lower back, which are the bones nearest to the lumbar region. That's where this region gets its name. Iliac Region (Left and Right): The top of the hip bone has what is called the iliac crest, and that's the bone closest to the iliac region. That takes care of the left and right columns. Now let's look at the abdominal regions in the middle column. Unlike the regions on the left and right side columns, these regions are named after their location relative to the stomach, not the bones. Epigastric Region: The prefix "epi" means above, or over, and "gastric" means stomach or belly. Therefore, this is the region over and above the belly. Umbilical Region: This is easy to remember because the umbilical region contains your navel, which is also called the umbilicus. The navel is the landmark for the four quadrant point of intersection, and it can also help you remember that the umbilical region makes up the middle of the nine abdominal regions. Hypogastric Region: We've already learned that hypo means "below," and gastric refers to the stomach or belly. So when we put the two together, we know that the hypogastric region is the region below the belly. If you need a quick memory trick to keep these regions straight, remember that for the side columns, the names are the same from top to bottom: Hypochondriac, then Lumbar, and then Iliac (HLI). For the middle column, the regions are Epigastric, then Umbilical, and then Hypogastric (EUH). Remember this phrase: Hector Loves Isabel Every Unceasing Hour. Organs in the Nine Abdominal Regions Now let's take a look at some of the major organs that you'll find in each region. In most basic anatomy courses, professors probably don't expect you to memorize a list of the organs you'll find in each region, but try to get a general understanding of where the organs are located. Right Hypochondriac Region: You'll find organs such as the liver, gallbladder, right kidney, and portions of the small and large intestine in this region. Epigastric Region: This region contains portions of the liver, as well as the stomach, pancreas, duodenum, spleen, and adrenal glands. Left Hypochondriac Region: This contains the spleen, large/small intestines, left kidney, pancreas, stomach, and tip of the liver. Right Lumbar Region: You'll find portions of the ascending colon, small intestine, and right kidney in this region. Umbilical Region: Here you'll find the duodenum, the small intestine, as well as the transverse colon. Left Lumbar Region: You'll find parts of the descending colon, small intestine, and left kidney in this region. Right Iliac Region: Here you'll find the appendix, cecum, ascending colon, and small intestine. Hypogastric Region: You'll find the bladder, portions of the sigmoid colon, small intestine, and reproductive organs in this region. Left Iliac Region: You'll find parts of the sigmoid colon, descending colon and small intestine in this region. Ready to test your knowledge? Take our free (and quick!) abdominal regions and quadrants quiz. Also, you might want to watch more of our anatomy and physiology lectures on YouTube, or check our anatomy and physiology notes. There are three layers to the abdomen, and they are known as the muscle, superficial fascia, and the skin. Within the abdomen itself, there are some organs that are considered to be major organs, and because of this, it needs to well protected and taken care of. When looking at the abdomen from the front of the body, it can be broken down into nine main regions, almost like a criss-cross board with lines running both horizontally and vertically.When visiting a doctor, the medical professional will usually working within the 9 regions of the abdomen to work out what is causing your pain and discomfort or symptoms, and this will be systematic.There are 9 abdomen regions (or Stomach Regions) ...If you were to divide the abdomen with three lines running both vertically and horizontally, you would have the following regions:Top region: Right hypochondriac region / hypochondrium (RHC)Epigastric region (also known as epigastrium)Left hypochondriac region / hypochondrium (LHC)Centre region: Right lumbar regionUmbilical regionLeft lumbar regionBottom region: Right iliac region / Right iliac fossa (RIF)Hypogastric regionLeft iliac region / Left iliac fossa (LIF)Each of the 9 abdomen regions hold their own important organs:Right hypcochondrium – Small intestine, right kidney, gallbladder, liverLeft hypochondrium – Pancreas, left kidney, colon, spleenEpigastrium – Adrenal glands, spleen, pancreas, duodenum, liver, stomachRight lumbar region – Right colon, liver, gallbladderLeft lumbar region – Left kidney, descending colonUmbilical region – Duodenum, ileum, jejunum, umbilicusRight iliac fossa – Cecum, appendixLeft iliac fossa – Sigmoid colon, descending colonHypogastrium – Female reproductive organs, sigmoid colon, urinary bladder4 Quadrants of the AbdomenIf three lines were too many and you wanted to break things down into two lines – four boxes or quadrants, rather than nine, you can break them down into the following:Right upper quadrant – This will be assessed by doctors for tenderness and also localised pain from organs such as the gall bladder, liver, colon (hepatic flexure), duodenum, and the upper part of the pancreas. Pain and tenderness in this area can be caused by conditions such as cholecystitis, hepatitis, and also the beginnings of a peptic ulcer.Right lower quadrant – You will find the following organs here – female reproductive organs (right fallopian tube and ovary), right ureterpenus, colon (upper portion), and the appendix. If you were suffering with appendicitis, for example, the pain and tenderness would be localised to the right lower quadrant.Left upper quadrant – Here you will find various parts of the colon – the bottom portion and splenic flexure, as well as the adrenal gland and also the kidney (left portion), and you will also find the spleen and stomach, pancreas, and also a part of the liver (left portion).Left lower quadrant – Found beneath the umbilicus plane, you will find the left fallopian tube and ovary, and also the left uterine tube in women here. In both sexes you will find the sigmoid and bottom section of the colon. If you have abdominal pain, it is likely to come from the lower left quadrant, and it could be a sign of a number of conditions, including colitis, ureteral colic, or diverticulitis. Pelvic inflammation (such as is found with pelvic inflammatory disease) and ovarian cysts can also cause pain in this area, and even tumours associated with cancers, including colon and ovarian cancer. In anatomy and physiology, you'll learn how to divide the abdomen into nine different regions and four different quadrants. If you plan to enter a healthcare profession such as nursing, this is something you'll use on the job when performing abdominal assessments (and while documenting). The Four Abdominal Quadrants First, let's take a look at the four quadrants, which are created by an intersecting horizontal (transverse) plane, also called the transumbilical plane, and a median (midsagittal) plane. 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