

Abdominal Regions Program Transcript

The subcostal and transtuberular plane, and the midclavicular planes, divide the abdomen into nine regions. The upper three regions consist of the epigastric region in the center and the hypochondriac regions on each side. The middle regions are the umbilical, on the center, with the lumbar on each side. The lower three regions are the hypogastric region, in the center, and the iliac regions on each side.

Notice that in each region, there are certain abdominal organs. For example, in the epigastric region, you can see the liver, the gallbladder, and part of the stomach. The pancreas is also in the area, as is part of the transverse colon. Whereby in the left hypochondriac region, we have part of the stomach, which the spleen is underneath. The umbilical region is pretty much small intestines—with the right lumbar being the ascending colon and the left lumbar the descending colon.

The hypogastric region contains the area of the sigmoid colon, the rectum, and the bladder. The right iliac contains the cecum of the large intestine and, the left, also part of the sigmoid colon. Knowing where these organs are relative to the regions is important because there are many referred pain patterns arising from the visceral organs that also refer up and to the shoulder, the back, and other areas where, typically, musculoskeletal problems occur.