

Abdominal Planes Program Transcript

The diagram on your left shows the horizontal planes of the abdomen as they pass through the vertebrae and various organs. The table on your left shows you what organs these planes pass through, as well as the vertebral level where they can be found. These planes are valuable clinically for quickly identifying the levels of the lumbar spine. For example, the transtubercular plane goes through the body of L5, whereas the supracristal plane goes through L4, and the subcostal plane runs between the second and third lumbar vertebrae.