



ANATOMY AND BODY

## 9 Regions of the Abdomen

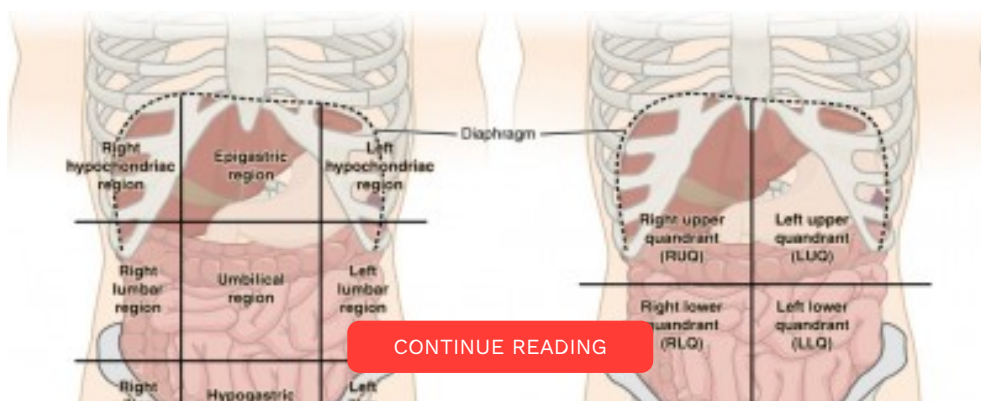


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There are three layers to the abdomen, and they are known as the muscle, superficial fascia, and the skin. Within the abdomen itself, there are some organs that are considered to be major organs, and because of this, it needs to be well protected and 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.



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