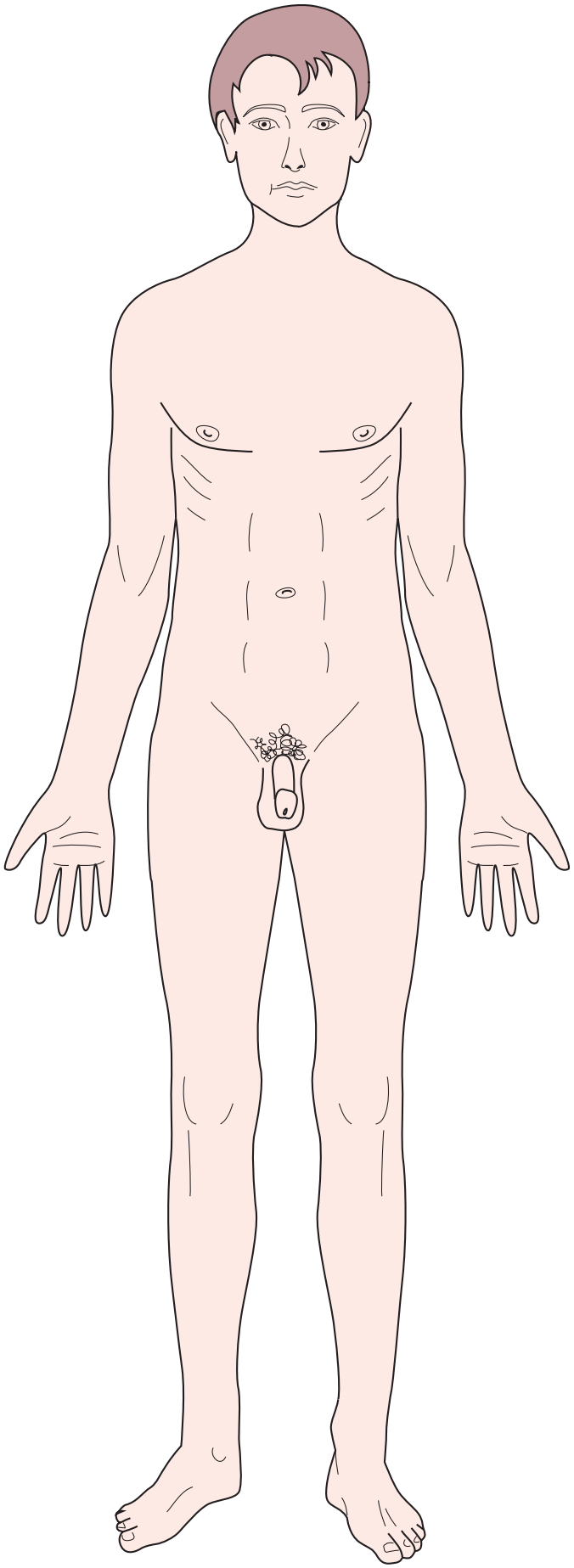La position anatomique de référence