



THE SKELETON
The skeleton is the framework of the body, supporting the soft parts and protecting the internal organs. It is composed of bones and cartilage. The bones are divided into the skull, spine, rib cage, and the bones of the upper and lower limbs. The cartilage is found in the joints and in the nose, ears, and larynx.

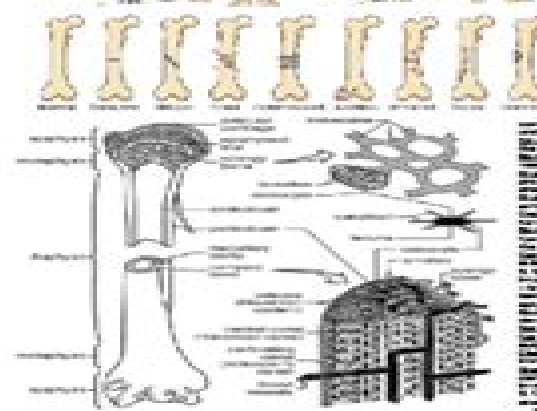
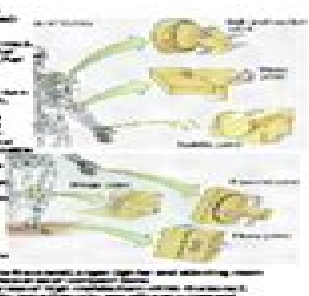
THE SKULL
The skull is the bony structure that forms the head. It is composed of the cranium and the mandible. The cranium is divided into the braincase and the facial bones. The braincase is composed of the frontal bone, parietal bone, occipital bone, and sphenoid bone. The facial bones are the maxilla, mandible, zygomatic bone, nasal bone, lacrimal bone, and ethmoid bone.

THE SPINE
The spine is the central axis of the skeleton. It is composed of the cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum, and coccyx. The vertebrae are the individual bones that make up the spine. They are connected by intervertebral discs, which are composed of cartilage.

THE RIB CAGE
The rib cage is the bony structure that protects the heart and lungs. It is composed of the ribs, the sternum, and the costal cartilage. The ribs are connected to the sternum by the costal cartilage. The sternum is composed of the manubrium, body, and xiphoid process.

THE BONES OF THE UPPER LIMBS
The bones of the upper limbs are the humerus, radius, ulna, and carpal bones. The humerus is the bone of the upper arm. The radius and ulna are the bones of the forearm. The carpal bones are the small bones of the wrist.

THE BONES OF THE LOWER LIMBS
The bones of the lower limbs are the femur, tibia, fibula, and tarsal bones. The femur is the bone of the thigh. The tibia and fibula are the bones of the lower leg. The tarsal bones are the small bones of the ankle.



THE JOINTS
The joints are the points where two or more bones meet. They are classified into three types: fibrous joints, cartilaginous joints, and synovial joints. Fibrous joints are the least movable joints. Cartilaginous joints are slightly more movable. Synovial joints are the most movable joints. They are found in the upper and lower limbs, the spine, and the skull.

THE MUSCLES
The muscles are the soft tissue that contracts to move the bones. They are composed of muscle fibers, which are long, cylindrical cells. The muscles are attached to the bones by tendons. The tendons are made of collagen fibers. The muscles are divided into voluntary muscles and involuntary muscles. Voluntary muscles are under conscious control. Involuntary muscles are not under conscious control.

THE TENDONS
The tendons are the white, fibrous structures that connect the muscles to the bones. They are made of collagen fibers. The tendons are very strong and can withstand a lot of tension. They are found in the upper and lower limbs, the spine, and the skull.

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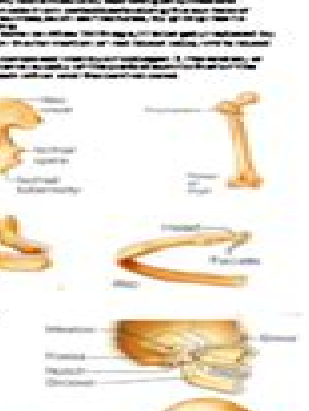
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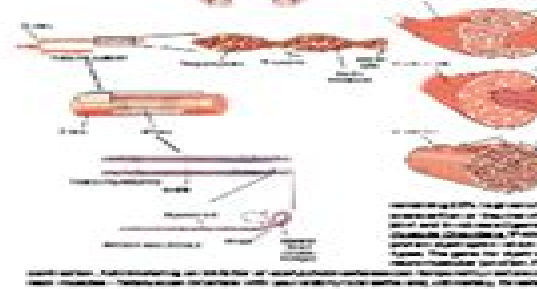
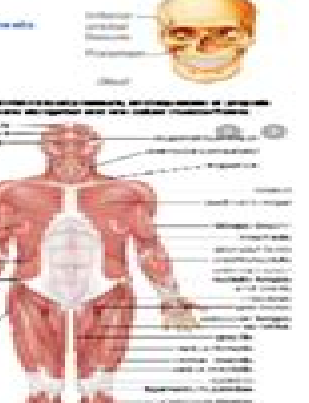
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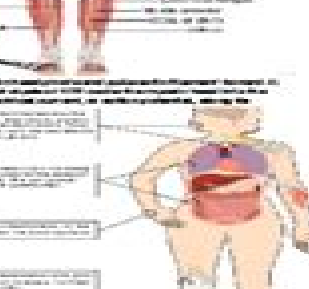
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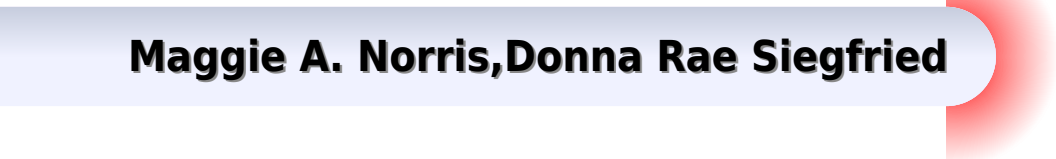
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Anatomy And Physiology For Dummies Cheat Sheet

Maggie A. Norris, Donna Rae Siegfried



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