

# SKELETAL SYSTEM: BONES & JOINTS

## BONES

AXIAL  
APPENDICULAR  
SPONGY BONE  
COMPACT BONE

LIGAMENTS  
TENDONS

## FUNCTION OF BONES(5)

## TYPES OF BONES (4)

LONG BONE  
FLAT BONE  
IRREGULAR BONE  
SHORT BONE

## JOINTS = ARTICULATIONS

SYNDYAL joints  
HINGE JOINT  
BALL & SOCKET  
GLIDING / PLANE  
CONDYLOID  
PIVOT

## JOINT MOVEMENT

FLEXION  
EXTENSION  
ADDUCTION  
ABDUCTION  
ROTATION  
ELEVATION  
DEPRESSION  
SUPINATION  
PRONATION  
INVERSION  
EVERSION  
DORSIFLEXION  
PLANTAR FLEXION  
CIRCUMDUCTION

206 BONES

### AXIAL

- SKULL
- Rib pair 1-12
- VERTEBRAL COLUMN

→ CONNEXES BONE TO BONE

→ ATTACH MUSCLE TO BONE

### FUNCTION OF BONES

- FORM & STRUCTURE
- PROTECTION & SUPPORT
- LEVERS FOR MOVEMENT
- HEMOPOLYSIS
- STORE MINERALS (CALCIUM & PHOSPHORUS) & ENERGY RESERVES

**DYNAMIC!**

- longer than width (FEMUR, HUMERUS, RADIUS, ULNA, TIBIA, FIBULA)
- "FLAT" (PARIETALS, OCCIPITAL, PTERION, NASAL)
- "IRREGULARLY" shaped (CLAVICLE & COMPLEX SHAPES (VERTEBRAL, COXA, PELVIS))
- about as long as they are wide (CARPALS, METACARPALS, PATELLA)
- **irregular** (MANDIBLE, MANDIBULAR) "mandible"
- they grow, sand in tendon of jaw muscle

→ PLACE OF CONTACT BETWEEN BONES

→ **PHANTOMIES** - partly movable

### HINGE joint

- (uniaxial)
- elbow
- knee

### BALL-and-SOCKET

- (multiaxial)
- hip joint
- shoulder joint
- 3 planes

### PLANE / GLIDING

- (uniaxial)
- carpals
- tarsals
- facets of vertebrae
- wrist
- ankle

### CONDYLOID

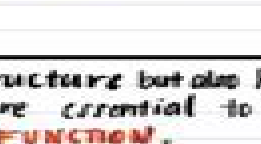
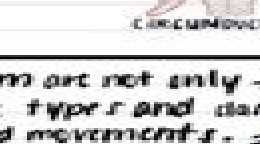
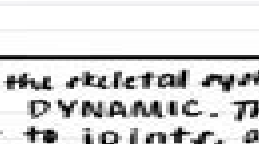
- (biaxial)
- between carpal and metacarpal
- between radius and ulna

### PIVOT

- (uniaxial)
- around the longitudinal axis
- cervical vertebrae
- "twisting" motion

### SADDLE joint

- (biaxial)
- ONLY true saddle joint is the CARPOMETACARPAL joint (thumb)



**SUMMARY:** Bones of the skeletal system are not only for form and structure but also have functions that make them **DYNAMIC**. The types and classification of bones are essential to identify and understand its connections to joints, and movements. # **SHAPE** determines **FUNCTION**.

# Anatomy And Physiology Study Guide Bones

**Marco Cascella**



## **Anatomy And Physiology Study Guide Bones:**

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**Anatomy and Physiology Study Guide** Patrick Leonardi, 2002-02-01 This test preparation study guide is the best in the industry It is designed for students of college anatomy and physiology It is very thorough specific and complete for each topic

Study Guide to Accompany Anatomy and Physiology Kalyani Premkumar, 2011-03-16 The 3rd edition of Anatomy and Physiology ties anatomy and physiology to situations massage therapy students will face in practice and makes this material accessible to facilitate learning This accompanying study guide helps students apply their knowledge and ensure their understanding of the content covered *ATI TEAS 7 Study Guide* Calvin Yates, Are you ready to take the first step toward your nursing career but unsure where to start with preparing for the ATI TEAS 7 exam This comprehensive guide is designed to help you not only understand the structure of the exam but to excel in every section Whether you are a first time

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