

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, COCCYX, COCCYX))
- about as long as they are wide (CARPALS, METACARPALS, PATELLA)
- **irregular** (PATELLA) "anterior"
- they grow, send in tendon of new muscle

→ PLACE OF CONTACT BETWEEN BONES

→ **PHANTOM** - partly movable

HINGE joint

- elbow
- knee

BALL-and-SOCKET

- hip joint
- shoulder joint
- 3 planes

PLANE / GLIDING

- carpal bones
- metacarpal bones
- phalanges

PIVOT (rotation)

- around the longitudinal axis
- condylar movement
- flexing your head "no"

SADDLE joint

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



CONDYLOID (biconcave)
- allows flexion and extension
- allows rotation and lateral movement



PIVOT (rotation)
- allows rotation around the longitudinal axis



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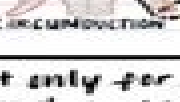
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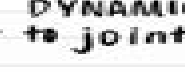
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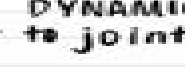
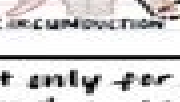
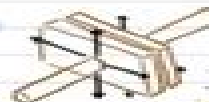
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SUMMARY: Bones of the skeletal system are not only for form and structure but also have functions that make them DYNAMIC. The types and classification of bones are essential to identify and understand its connections to joints, and movements. #SHAPE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

Anatomy Study Guide Bones

Charles M. Seiger



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Table of Contents Anatomy Study Guide Bones

1. Understanding the eBook Anatomy Study Guide Bones
 - The Rise of Digital Reading Anatomy Study Guide Bones
 - Advantages of eBooks Over Traditional Books
2. Identifying Anatomy Study Guide Bones
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Anatomy Study Guide Bones
 - User-Friendly Interface
4. Exploring eBook Recommendations from Anatomy Study Guide Bones
 - Personalized Recommendations
 - Anatomy Study Guide Bones User Reviews and Ratings
 - Anatomy Study Guide Bones and Bestseller Lists
5. Accessing Anatomy Study Guide Bones Free and Paid eBooks
 - Anatomy Study Guide Bones Public Domain eBooks
 - Anatomy Study Guide Bones eBook Subscription Services
 - Anatomy Study Guide Bones Budget-Friendly Options
6. Navigating Anatomy Study Guide Bones eBook Formats
 - ePub, PDF, MOBI, and More
 - Anatomy Study Guide Bones Compatibility with Devices
 - Anatomy Study Guide Bones Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Anatomy Study Guide Bones
 - Highlighting and Note-Taking Anatomy Study Guide Bones
 - Interactive Elements Anatomy Study Guide Bones
8. Staying Engaged with Anatomy Study Guide Bones

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Anatomy Study Guide Bones
- 9. Balancing eBooks and Physical Books Anatomy Study Guide Bones
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Anatomy Study Guide Bones
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Anatomy Study Guide Bones
 - Setting Reading Goals Anatomy Study Guide Bones
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Anatomy Study Guide Bones
 - Fact-Checking eBook Content of Anatomy Study Guide Bones
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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