

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

→ Cervical, Thoracic, Lumbar, Sacral, Coccygeal vertebrae

APPENDICULAR

- UPPER & LOWER EXTREMITIES
- Shoulder girdle
- Upper limb
- Lower limb
- Hand
- Foot
- Phalanges

- CONNECTS 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, RIBS)
- "IRREGULARLY" shaped (CLAVICLE & COMPLEX SHAPES (VERTEBRAL, COCCYX, PELVIS))
- about as long as they are wide (CARPALS, METACARPALS, PATELLA)
- **carpaloid** (small, irregularly shaped) **"PATELLA"** (kneecap)
- they grow, sand in tendon of some muscles

→ 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

(multiaxial)

- carpal bones
- metacarpal bones

→ 3 planes



CONDYLOID

(biaxial)

- scapulothoracic joint
- metacarpal joint



PIVOT

(uniaxial)

- atlantoaxial joint
- proximal radioulnar joint

→ 1 plane

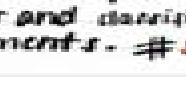
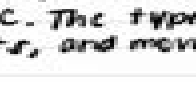
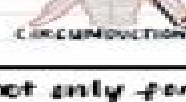
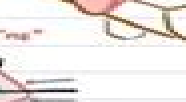


SADDLE joint

(biaxial)

- trapezoidal joint

→ 2 planes



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

Charles M. Seiger



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