

# 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

→ 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, NASAL)
- "IRREGULARLY" shaped (CLAVICLE & COMPLEX SHAPES (VERTEBRAL, COXAL, SCAPULA))
- about as long as they are wide (CARPALS, METACARPALS, PATELLA)
- **irregular (many small bones) "PATELLA" (kneecap)**
- they grow, send in tendrils of new matter.

→ PLACE OF CONTACT BETWEEN BONES

→ **DIAPHRAGM** - partly movable

### HINGE joint

- (uniaxial)
- elbow
- knee



### CONDYLOID

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



### BALL-and-SOCKET

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



### PIVOT

- (uniaxial)
- around the longitudinal axis
- cervical vertebrae
- "twisting your head" "no"



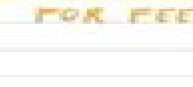
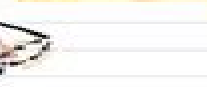
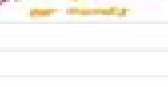
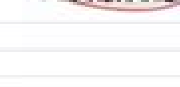
### PLANE / GLIDING

- (multiaxial)
- carpals (wrist)
- tarsals (ankle)
- "sliding" "yes"



### SADDLE joint

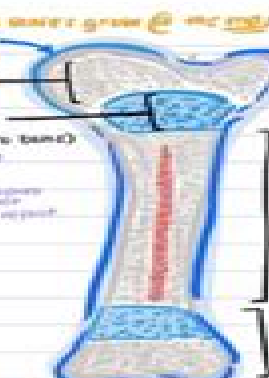
- (biaxial)
- ONLY true saddle joint is the CARPOMETACARPAL joint (thumb)



Articular cartilage

## SPONGY BONE

- Trabeculae
- Epiphyseal plate (cartilage turns to bone)
- Epiphysis
- Diaphysis
- Metaphysis
- Endosteum
- Periosteum
- Interalveolar septa
- Intertrabecular septa
- Intertrabecular septa



COMPACT BONE (cortical) (hard) (no trabeculae) (collagen can be easily replaced)



Long bone (femur)



Flat bone (scapula)



Irregular bone (vertebra)



Short bone (metacarpal)

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

**E Staff**



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

**Study Guide for Essentials of Anatomy & Physiology** Andrew Case,2011-02-23 The all new Study Guide for Essentials of Anatomy Physiology offers valuable insights and guidance that will help you quickly master anatomy and physiology This study guide features detailed advice on achieving good grades getting the most out of the textbook and using visual memory as a learning tool It also contains learning objectives unique study tips and approximately 4 000 study questions with an answer key all the tools to help you arrive at a complete understanding of human anatomy Study guide chapters mirror the chapters in the textbook making it easy to jump back and forth between the two during your reading Approximately 4 000 study questions in a variety of formats including multiple choice matching fill in the blank short answer and labeling reinforce your understanding of key concepts and content Chapters that are divided by the major topic headings found in the textbook help you target your studies Learning objectives let you know what knowledge you should take away from each chapter Detailed illustrations allow you to label the areas you need to know Study tips offering fun mnemonics and other learning devices make even the most difficult topics easy to remember Flashcard icons highlight topics that can be easily made into flashcards Answer key lists the answers to every study question in the back of the guide *Study Guide for The Anatomy and Physiology Learning System* Edith Applegate,2010-03-30 Designed to accompany The Anatomy and Physiology Learning System 4th Edition by Edith Applegate this study guide helps you learn and review basic A P concepts Each chapter emphasizes medical terminology with a set of key terms word parts clinical terms and abbreviations and then adds a variety of fun filled learning exercises review questions a quiz and a word puzzle The study guide corresponds to the textbook chapter for chapter Chapter learning objectives help you focus on the most important material Key concepts are defined on the first page of each chapter in the workbook Learning exercises for each chapter include short answer matching and diagrams to label and color Self quizzes allow you to measure your progress and understanding Fun and Games features end each chapter with a variety of engaging puzzles covering words and concepts A chapter summary provides a brief review of each chapter A chapter review provides questions for reinforcement and review of the concepts in each chapter

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**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 re a first time

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**Student Notebook and Study Guide to Accompany The Human Body** Bruce Wingerd,Patty Bostwick Taylor,2013-02-01 This Student Notebook and Study Guide the ideal companion to Bruce Wingerd s The Human Body reinvents the traditional study guide by giving students a tool to help grasp information in class and reinforce learning outside of class Too often students struggle to both learn the concepts presented and simultaneously record crucial information The Student Notebook and Study Guide provides a structure for recording in class material that parallels the text s concept presentation and includes supplemental questions and activities for assignment outside of the classroom A complete answer guide for both the in class and out of class materials is available online Study Guide [to] Fundamentals of Anatomy & Physiology, 6th Ed. [by] Frederic H. Martini Charles M. Seiger,2004 by Charles Seiger This very popular Study Guide is an excellent way to review basic facts and concepts as well as to develop problem solving skills A variety of questions including labeling and concept mapping are keyed to every learning objective in the textbook and are organized around the same 3 level learning system Study Guide for Dentalman United States. Bureau of Naval Personnel,1951 *Anatomy & Physiology Made Simple* Doug Sowle,2025-09-03 Have you ever wondered how the human body functions with such precision and complexity yet seamlessly adapts to daily challenges and stressors

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*Study Guide for Dental Technician 3* United States. Navy Department. Bureau of Medicine and Surgery, United States. Bureau of Naval Personnel, 1951

Anatomy & Physiology Laboratory Manual and E-Labs E-Book Kevin T. Patton, 2018-01-24 Using an approach that is geared toward developing solid logical habits in dissection and identification the Laboratory Manual for Anatomy and coloring exercises offer a kinesthetic experience useful in retention of content User friendly spiral binding allows for hands free viewing in the lab setting Step by step dissection instructions with accompanying illustrations and photos cover anatomical models and fresh or preserved specimens and provide needed guidance during dissection labs The dissection of tissues organs and entire organisms clarifies anatomical and functional relationships 250 illustrations including common histology slides and depictions of proper procedures accentuate the lab manual s usefulness by providing clear visuals and guidance Easy to evaluate tear out Lab Reports contain checklists drawing exercises and questions that help you demonstrate your understanding of the labs you have participated in They also allow instructors to efficiently check student progress or assign grades Learning objectives presented at the beginning of each exercise offer a straightforward framework

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