

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
- humerus, radius, ulna, scapula, clavicle, pelvis, femur, tibia, fibula, tarsals, metatarsals, 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, FRONTAL, NASAL)
- "IRREGULARLY" shaped (CLAVICLE & COMPLEX SHAPES (VERTEBRAL, RIBS, COCCYX))
- 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

→ **PHANTOMIES** - partly movable

HINGE joint

(uniaxial)

- elbow
- knee



CONDYLOID

(biaxial)

- between carpal and metacarpals (wrist)
- between radius and ulna (elbow)



Ball-and-Socket

(multiaxial)

- hip joint
- shoulder joint



PIVOT

(uniaxial)

- around the longitudinal axis
- between vertebrae



PLANE / GLIDING

(multiaxial)

- between carpal bones
- between metacarpals



SADDLE joint

(biaxial)

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



ADDUCTION

(movement towards the midline)

- bringing your hand "up"



ABDUCTION

(movement away from the midline)

- moving your hand "down"



PLANTAR FLEXION

(movement of the foot downwards)

- plantar flexion



DORSIFLEXION

(movement of the foot upwards)

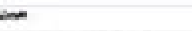
- dorsiflexion



FOR FEET

(movement of the foot)

- plantar flexion
- dorsiflexion



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 Bone Study Guide

Mr. Rohit Manglik



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