

CHAPTER 6 - SKELETAL SYSTEM

COMPONENTS:

- Bones
- Joints & Associated Cartilages

SKELETAL

- Derived from Greek word meaning "dried"
- Consist of dynamic, living tissues that are able to grow, detect pain stimuli, adapt to stress & undergo repair after injury.
- **FRAMEWORK** to support the soft tissues of the body.

MAJOR FUNCTIONS:

1.) SUPPORT

- Major supporting tissues of the body
- **Cartilages** – provides *firm yet flexible support* (ex. Nose, external ear, thoracic cage & trachea)
- **Ligaments** – strong bands of fibrous connective tissue that attach to bones & hold them together.

2.) PROTECTION

- Protects the organ it surrounds (Ex. Skull encloses and protects the brain)

3.) MOVEMENT

- **Tendons** – skeletal muscles attach to bones
- **Smooth Cartilages** – covers the ends of bones within some joints ; allowing the bones to *move freely*
- **Ligaments** – allow some movements between bones but prevent excessive movements.

4.) STORAGE

- **Calcium & Phosphorus** – taken into bones and stored
- **Adipose tissue** – stored w/in bone cavities (fats)
- **Lipids** – Released into the blood and used by other tissues as a *source of energy*

5.) BLOOD CELL PRODUCTION

- Cavities filled with **red bone marrow**
 - produces blood cells & platelets

EXTRACELLULAR MATRIX

- **Collagen** (Tough rope-like proteins)
- **Proteoglycans** (Polysaccharides)
- **Tendons** (Collagen Fibers)
- **Ligaments** (Collagen Fibers)
- **Cartilage** (Collagen & Proteoglycans)
- **Hydroxyapatite** (Calcium Phosphate Crystals)

GENERAL FEATURES OF BONE

1. **LONG BONES**
 - Longer than they are wide
2. **SHORT BONES**
 - Broad as they are long
3. **FLAT BONES**
 - Relatively thin, flattened shape
4. **IRREGULAR BONES**
 - Vertebrae & Facial Bones

STRUCTURE OF A LONG BONE



- **DIAPHYSIS**
 - Central Shaft
- **EPIPHYSIS**
 - Two ends
- **ARTICULAR CARTILAGE**
 - covers the ends of the epiphyses where the bone articulates with other bones.
- **EPHYSSEAL PLATE**
 - Growth plate, where the bone grows in length
 - Composed of cartilage, between each epiphysis and the diaphysis
- **EPHYSSEAL LINE**
 - When the bone growth stops, this replaces the epiphyseal plate.
- **MEDULLARY CAVITY**
 - Large cavity in the diaphysis
- **MARROW**
 - A soft tissue that fills the spaces
 - **Yellow Marrow** – consist of mostly adipose tissues; **Red Marrow** – consist of blood-forming cell and is the only site of blood formation in adults.
- **PERIOSTEUM**
 - Covers most of the outer surface of the bones.
 - Encloses the diaphysis
 - Contains blood vessels and nerves
- **ENDOSTEUM**
 - Thinner connective tissue membrane that lines the surface of the medullary cavity

Anatomy Physiology Chapter 7 Test

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Counseling the Nursing Mother: A Lactation Consultant's Guide Judith Lauwers, Anna Swisher, 2020-07-01. *Counseling the Nursing Mother: A Lactation Consultant's Guide*, Seventh Edition, presents topics within a counseling framework with practical suggestions and evidence-based information interwoven throughout. Additionally, the Seventh Edition is an ideal study guide for International Board Certified Lactation Consultant (IBCLC) certification and practice.

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