

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

APPENDICULAR

- UPPER & LOWER EXTREMITIES
- Shoulder girdle
- Upper limb
- Pelvic girdle
- Lower limb

- 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" (SCAPULA, CLAVICLE, CRURIA, RIBS)
- "IRREGULARLY" shaped (CLAVICLE & COMPLEX SHAPES (VERTEBRAL, COXA, PELVIS))
- about as long as they are wide (CARPALS, METACARPALS, PATELLA)
- Irregular (PATELLA) "knock-knee"
- they grow, sand in tendon of some muscles

PLACE OF CONTACT BETWEEN BONES

PHYSESES - partly movable

HINGE joint

- elbow
- knee

BALL-and-SOCKET

- hip joint
- shoulder joint
- 3 planes

PLANE / GLIDING

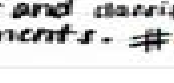
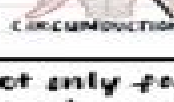
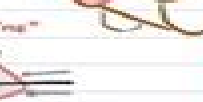
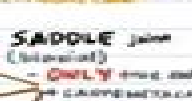
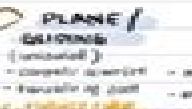
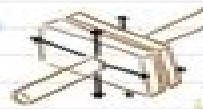
- carpal bones
- metacarpal bones
- phalanges

PIVOT joint

- atlanto-axial joint
- transverse process of vertebrae
- rotation

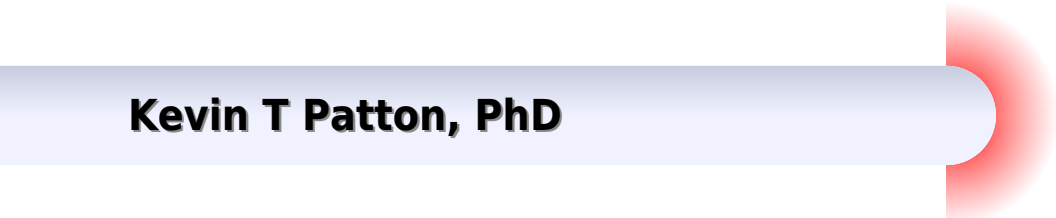
SADDLE joint

- ONLY true saddle joint is CARPOMETACARPAL joint (THUMB)



Anatomy And Physiology Study Guide Bones

Kevin T Patton, PhD



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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

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