

LESSON 6: BONES & SKELETAL TISSUES

• BONE

- it is a living tissue
- it constantly undergoes destruction and regeneration
- composed of cells, collagen, water, protein, calcium

• WOLFF'S LAW

- a law that has a high relation to the bone's strength or health
- our bone adapts depending on the demands that are given to it

• CELLULAR COMPONENTS

- Osteoblast – bone forming cells
- Osteoclast – bone breaking cells
- Osteocyte – living element; regulates the flow of minerals in and out of the bone



- **JOINT** – two bones connecting to each other, also called **articulation**.

• AXIAL SKELETON (CENTER)

- Skull
- Mandible (jaw)
- Sternum
- Ribs

- Vertebral Column (spine)
- Sacrum
- Coccyx (tail bone)

• APPENDICULAR SKELETON (SIDE)

- Clavicle (collar bone)
 - most commonly fractured bone
- Scapula & Humerus
 - they make up the **shoulder joint**
 - gleno humeral joint
- Scapula (shoulder blades)
 - glenoid **fossa** (hole/concavity)
- Humerus
 - long bone that forms shoulder
- Radius (thumb side)
 - radio humeral joint
- Ulna (pinky side)
 - ulna humeral joint
 - no articulation to carpal bones
- Wrist
 - radio carpal joint
- Carpal Bones
- Metacarpals
- Phalanges
 - metacarpophalangeal joint (MCP)
- Coxal Bone (pelvis)
 - innominate bone
 - os coxae
 - ilium, pubis, ischium
 - acetabulum (hole in the joint)
- Femur
 - largest and longest bone
- Femur & Pelvis
 - they make up the **hip joint**
 - acetabulofemoral joint
- Femur & Tibia
 - they make up the **knee joint**
 - tibiofemoral joint
- Patella
 - sesamoid bone
- Tibia
- Fibula
 - no articulation to femur
- Talus & Crural
 - they make up the **ankle joint**
 - talocrural joint
 - tibiotalar joint
- Tarsal Bones

Bones And Skeletal Tissues Study Guide

Martha R. Taylor



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