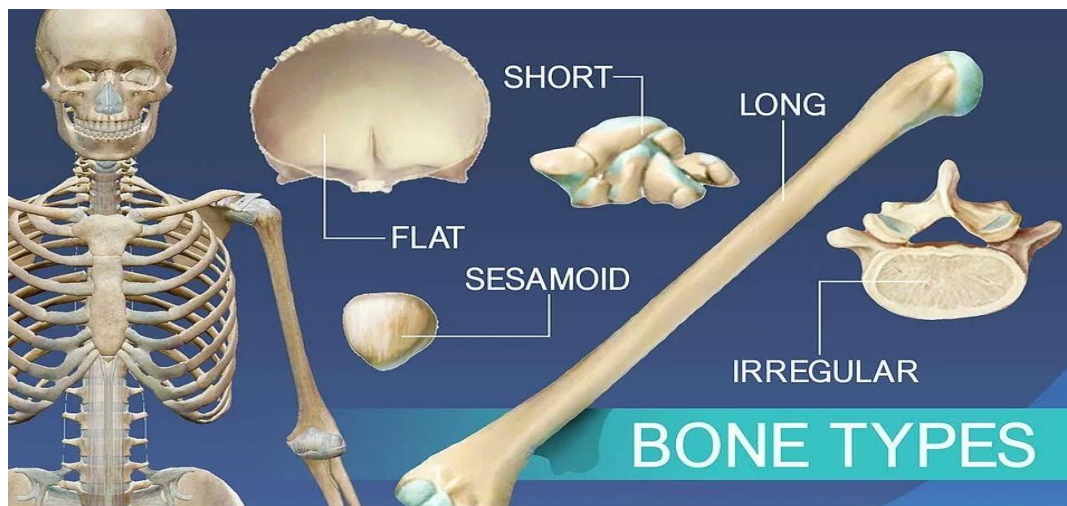


THE HUMAN SKELETAL SYSTEM

The bones are the framework that provides structure throughout the body and walking facilitates. The human skeletal is composed of 206 bones and 32 teeth. The skeletal system includes Cartilage and ligament. The cartilage is soft, gel-like padding between the bones that protect the joints and facilitates movement while the ligament is a rigid muscle group that connects bone to bone and provides joint elasticity.

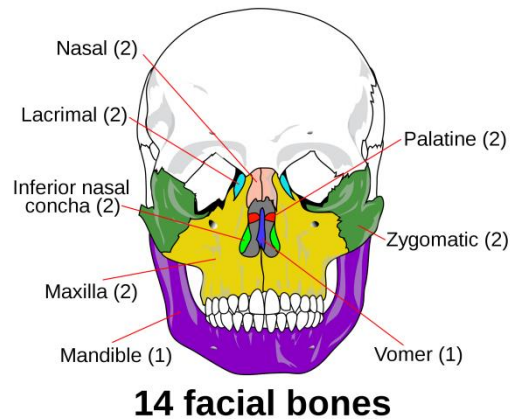
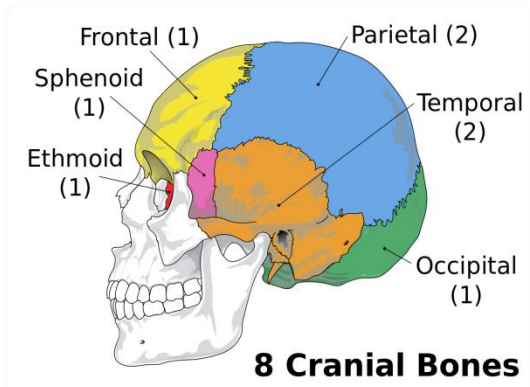
Types of bones there are 5 types of bone that create the skeleton

1. Long bone (generate RBC, support weight and facilitate movement)
2. Flat bone (flat bones protect internal organs)
3. Sesamoid bone (protect tendons provide)
4. Short bones (stability and movement)
5. Irregular shaped bones (protect organs in the pelvic cavity)



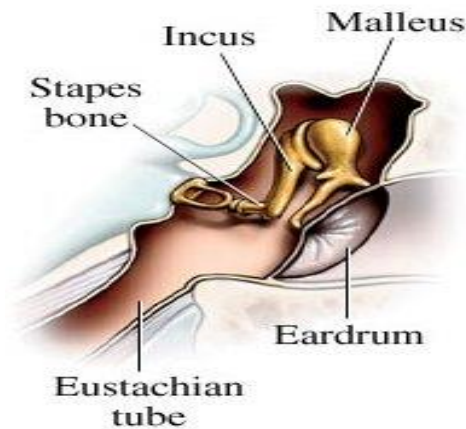
THE SKULL BONES

It consists of the 8 cranial and 14 facial bones.



EAR BONES

The internal ear is consisting of the main 3 bones.



THE THORACIC

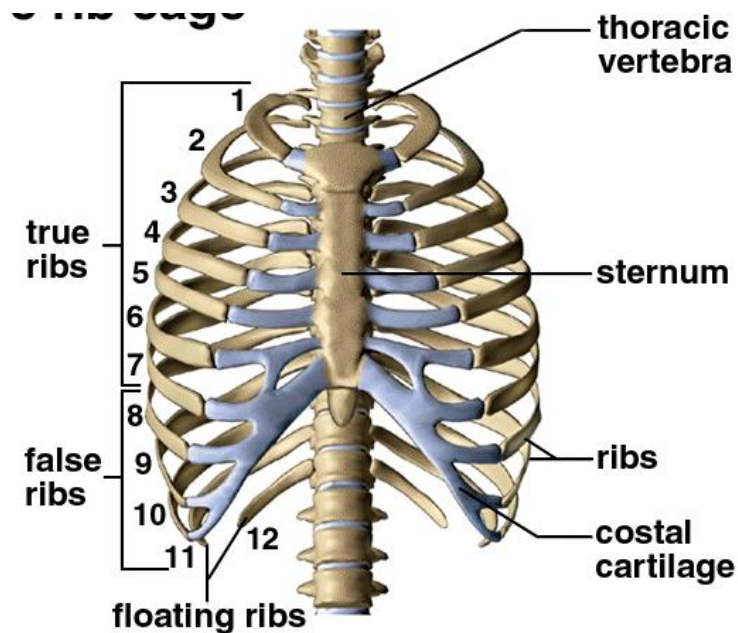
There are 12 pairs

/RIB CAGE BONES

of bone in thoracic /rib

cage (Protect internal organs like lungs Heart, & liver etc.).

Bones 1-7 called true ribs while 8-12 called false ribs.



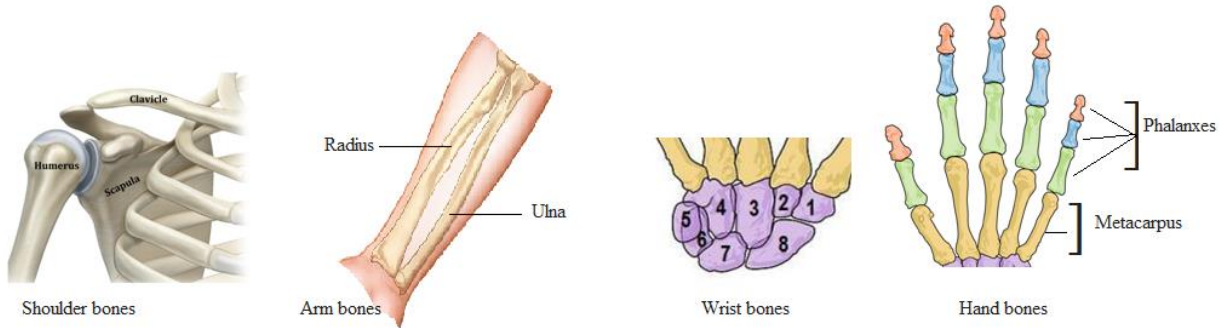
UPPER LIMB BONES

There are 64 bones in both sides-

- a) 6 in shoulders(2-Clavicle, 2- Humerus, & 2-Scapula)
- b) 4 in Arms(2-Radius and 2-Ulna)
- c) 16 in wrists [(1) 2-Trapezium, (2) 2-Trapezoid, (3) 2-Capitate, (4) 2 Hamate,

(5) 2-Triquetrum, (6) 2-Pisiform, (7) 2-Lunate, (8) 2-Scaphoid]

d) 38 in hands(10-Metacarpus and 28-Phalanxes)

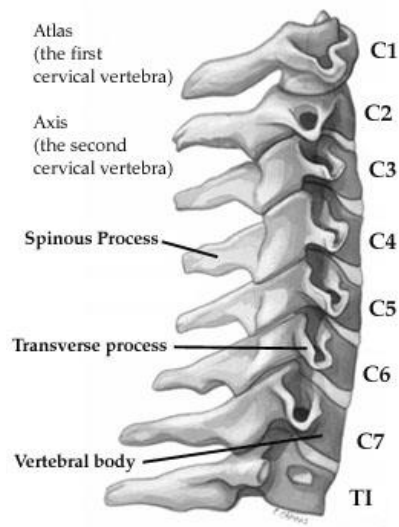


THE VERTEBRAL COLUMN BONES

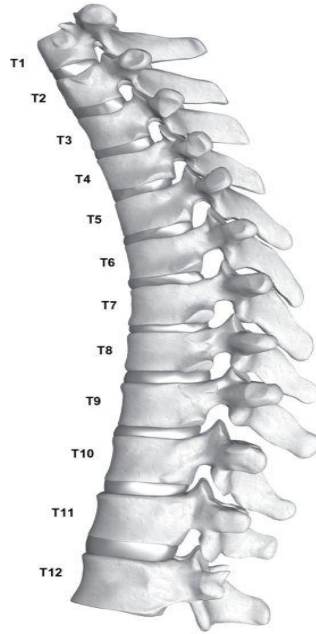
The vertebral column is s-shaped structure consists of 33 bones which help in spinal cord & nerves protection, support body weight, and maintain posture etc.)

Vertebral Column Bones divided into 5 categories -

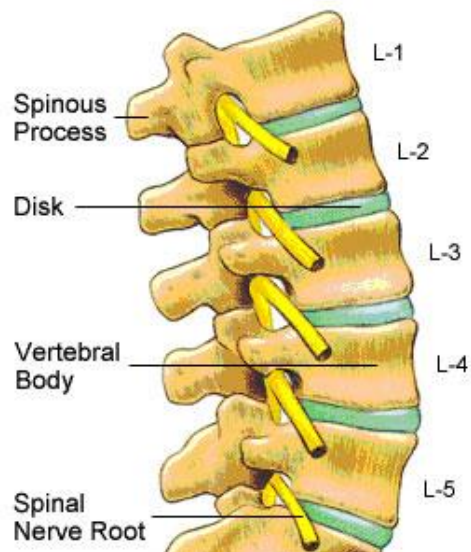
1. Cervical Spine (C1-C7= 7)



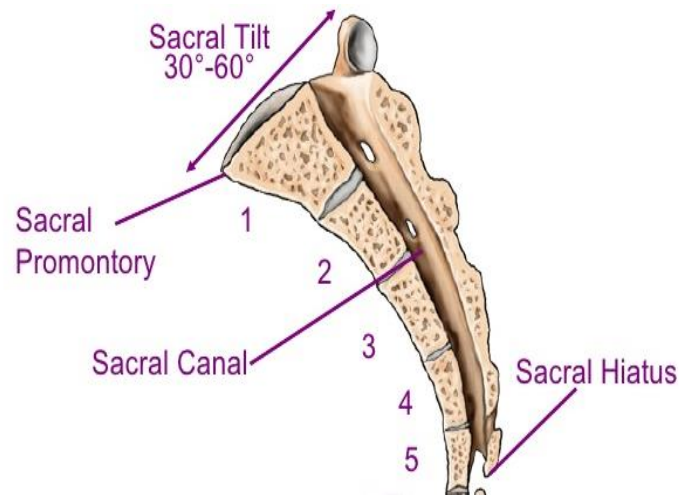
2. Thoracic Spine (T1- T-12=12)



3. Lumbar Spine (L1-L5=5)



4. Sacral Spine(5 fused bones)

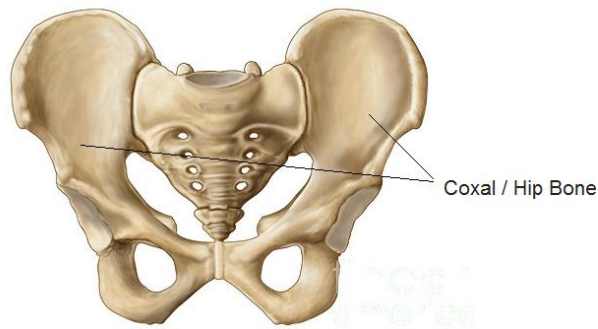


5. Coccygeal Spine(4 frequently fused bones)



THE PELVIS

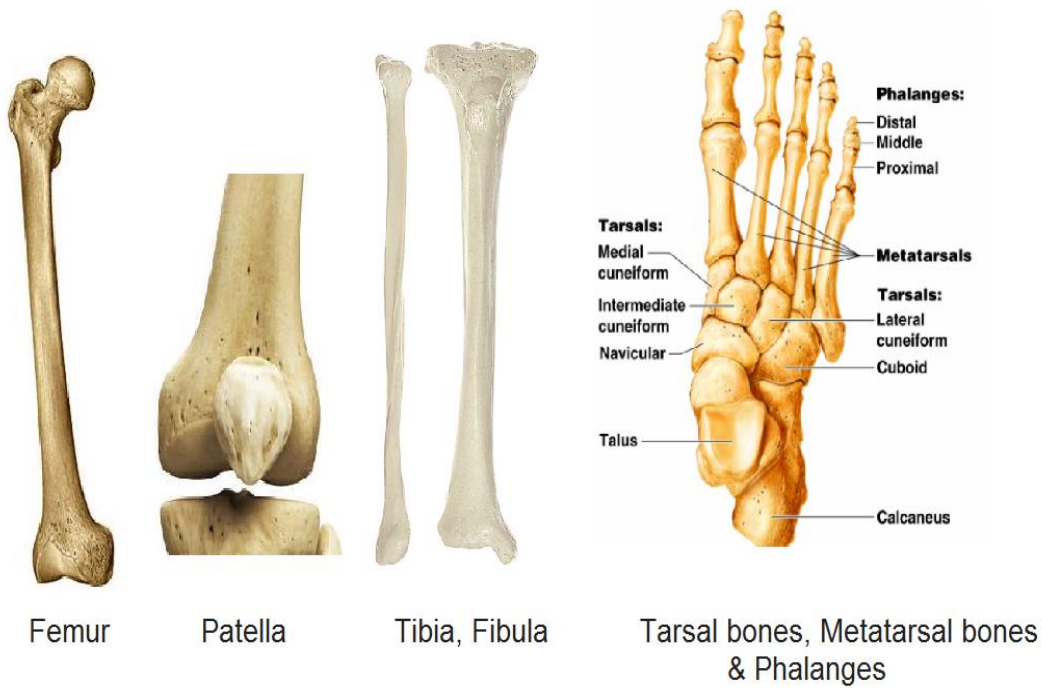
The pelvis is consist of 2 bones called coxal bone or hip bone



THE LOWER LIMB

It Contains 60 Bones in Both Sides Such As 2-Femur, 2-Patella, 2-Tibia, 2-Fibula,

14-Tarsals, 10-Metatarsals, 14-Bones,



and 28-Phalanges.

Reference:- 1.Waugh A.,grant A.," A text book of Anatomy and Physiology in health and illness"published by Churchill Livingstone Elsevier,11th edition reprinted 2010-11 (3rd time): page no-41-47.

2.Seladi-Schulman J., Skeletal system overview, reviewed by William Morrison, published at Healthline, 2018