

The Skeletal System

- ▶ The main Functions of the Skeletal System is to create a framework for the body, protect organs in the body, produce movement, store calcium and produce red blood cells.

Long Bones

- ▶ Makes up most bones in the arms and legs.
- ▶ Has a long shaft (hence why it's names "Long bone")
- ▶ Facilitates movement and supports the weight of the body.
- ▶ Long bones include bones that make up the major part of the arms and legs, the metatarsals (foot bones), metacarpals (hand bones) and phalanges.

Short Bones

- ▶ Equal in length and width, like a cube
- ▶ Include the Carpals (wrist bones) and tarsals (ankle bones)
- ▶ Provide stability and movement.

Flat Bones

- ▶ Thin, flat and some are curved. **Metacarpals**
- ▶ Protect internal organs like a shield
- ▶ Found in the ribs, sternum and include cranial bones.

Irregular Bones

- ▶ Odd shaped, like a puzzle piece
- ▶ Do not fit the characteristic traits of other bones
- ▶ Includes the hip bones, vertebrae and sacrum

Sesamoid Bones

- ▶ A small bones that is usually embedded within a muscle or tendon near joints.
- ▶ Functions as a pulley to alleviate stress on the particular muscle or tendon it is embedded on.
- ▶ Includes the Patella and bones that make up the knuckles on the hands and feet.

9 pages total



Skeletal Bones Study Guide

Patrick Leonardi



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