

# 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 Carpal (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.

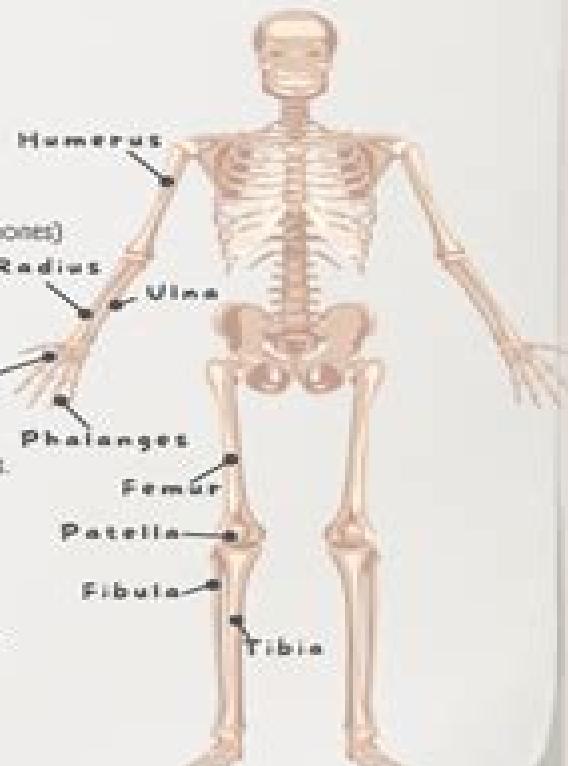
## Irregular Bones

- 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 are 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**

## **Skeletal Bones Study Guide:**

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### **Table of Contents Skeletal Bones Study Guide**

1. Understanding the eBook Skeletal Bones Study Guide
  - The Rise of Digital Reading Skeletal Bones Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Skeletal Bones Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an eBook Skeletal Bones Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Skeletal Bones Study Guide
  - Personalized Recommendations
  - Skeletal Bones Study Guide User Reviews and Ratings
  - Skeletal Bones Study Guide and Bestseller Lists

5. Accessing Skeletal Bones Study Guide Free and Paid eBooks
  - Skeletal Bones Study Guide Public Domain eBooks
  - Skeletal Bones Study Guide eBook Subscription Services
  - Skeletal Bones Study Guide Budget-Friendly Options
6. Navigating Skeletal Bones Study Guide eBook Formats
  - ePUB, PDF, MOBI, and More
  - Skeletal Bones Study Guide Compatibility with Devices
  - Skeletal Bones Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Skeletal Bones Study Guide
  - Highlighting and Note-Taking Skeletal Bones Study Guide
  - Interactive Elements Skeletal Bones Study Guide
8. Staying Engaged with Skeletal Bones Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Skeletal Bones Study Guide
9. Balancing eBooks and Physical Books Skeletal Bones Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Skeletal Bones Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Skeletal Bones Study Guide
  - Setting Reading Goals Skeletal Bones Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Skeletal Bones Study Guide
  - Fact-Checking eBook Content of Skeletal Bones Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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asthma is managed with medications by avoiding

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