

Skeletal System

Bones, cartilage and ligaments are tightly joined to form a strong, flexible framework.

Bone is active tissue:
-5-17% bone mass/week

Functions of Skeletal System:

- 1. Support**
strong and relatively light (20% body weight)
- 2. Movement**
provides an anchor for muscles and all movement and force
- 3. Protection**
brain, lungs, heart, reproductive system
- 4. Mineral storage Calcium/Phosphate balance**
99% of body's calcium is in bone tissue
(2000 mg/day in diet, 1000 mg excreted)
also stores phosphorus
- 5. Hemopoiesis**
blood cell formation
- 6. Detoxification**
bone tissue releases heavy metals and other foreign materials
(lead, drugs)
can also release these materials more slowly for excretion
but this can also have been toxic substances

Skeletal Anatomy

each individual bone is a separate organ of the skeletal system

-270 bones (organs) of the Skeletal System

with age the number decreases as bones fuse

by adulthood the number is 206 bones

even this number varies due to varying numbers of minor bones:

sesamoid bones - small rounded bones that form around joints or tendons to stress

eg. thumb (patella), in knuckle

vertebrae bones - bones that form within the cavities of vertebrae

each skeletal organ is composed of many kinds of tissues:

- bone (osseous tissue)
- cartilage
- ligament connective tissue
- blood (in blood vessels)
- nerveous tissue

General Shapes of Bones

Bones can be categorized according to their general shape:

- 1. Long:** cylindrical, longer than wide
rigid levers for muscle actions, eg crowbars
eg. arms, legs, fingers, toe
- 2. Short:** length nearly equal width
limited motion, gliding if any
eg. vertebrae, carpal, tarsal
- 3. Flat:** thin sheets of bone tissue
enclose and protect organs
broad surfaces for muscle attachments
eg. scapula, ribs, cranial base bones, osseous, or bone
- 4. Irregular:** elaborate shapes differing from above
eg. vertebrae, sesamoid, ethmoid

Bone Structure

Bones have outer shell of **compact bone**

usually encloses more loosely organized bone tissue
= **spongy (= cancellous) bone**

the general structure of a typical longbone:



epiphyses

large surface area for muscle attachments and joint

spongy bone with trabeculae

contains **red marrow** (hematopoietic tissue)

→ produces blood cells in delicate mesh of vascular spaces

→ adults red marrow is limited to vertebrae, sternum, ribs, pelvis and proximal ends of humerus and femur

with age, red marrow is replaced by yellow marrow

articular cartilage

on surface of epiphyses

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