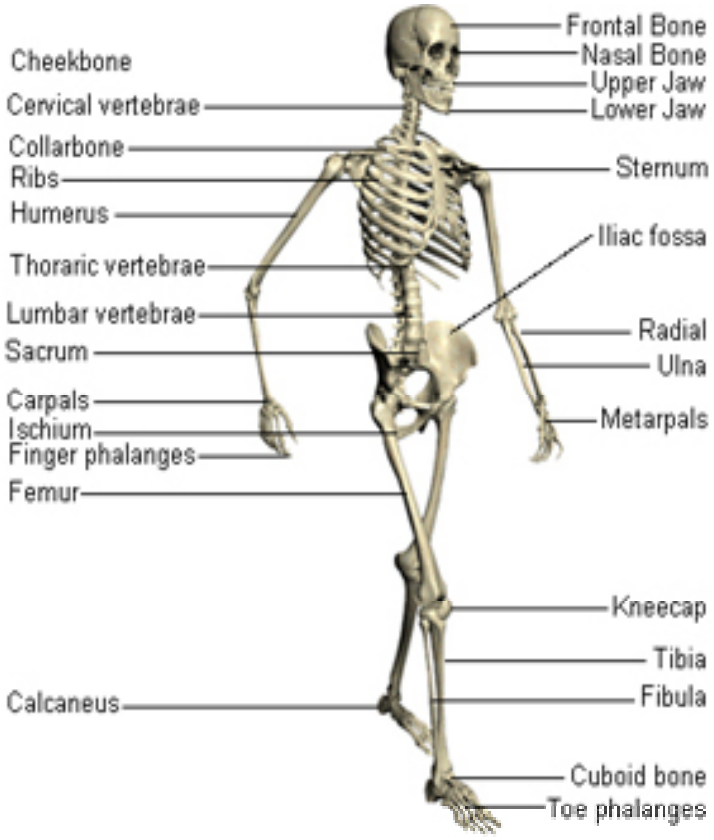
The Skeletal System



Functions of Skeleton System

Skeletal system provides a structure for the body. It includes a vertebrae of spine and supports upper body and head.

Types of Bones

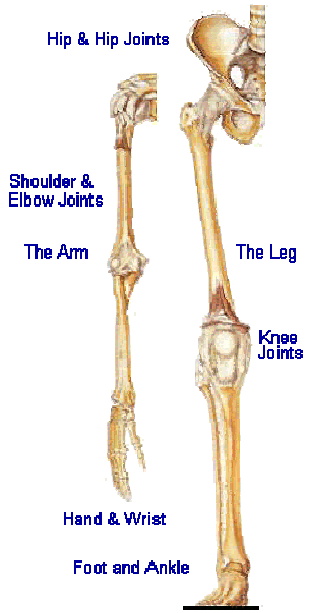
Small bones-includes bones in legs and arms

Short bones-bones in wrist and ankles

Flat bones-In skull and protect organs like the rib cage

Irregular bones-facial bones or vertebrae bones

Joints



Joints

- Joints are the point were bones meet.

Types of Joints

- ***Ball-and-socket joints***- formed when a rounded head of one bone fits into the rounded cavity of an jointed bone.
- ***Hinge joints***-would include elbow, knee, ankle, and fingers. Allows bone to bend and straighten
- ***Pivot joints***- allow limited rotation or turning of the head
- ***Ellipsoidal joints***- bone in wrist, and a oval shaped part that fits in a curved space, the joints slide over each other

Care and Problems of the Skeleton System

Care of the Skeletal System

Ways to care for the Skeletal system is to eat foods that contain calcium, vitamin D, and phosphorus, they can help prevent the development of certain skeletal disorders.

Problems of the Skeletal System

Problems of the skeletal system can be a result of poor nutrition, infections, sports, and recreational injuries and poor posture. Osteoporosis and dislocation of the joints are also other problems of the Skeletal System.

Vocabulary

- ***Osteoporosis***- is a condition in which progressive loss of bone tissue occurs
- ***Scoliosis***- a lateral, or side-to-side, curvature of the spine
- ***Repetitive motion injury***- is a damage to tissues caused by prolonged, repeated movements such as computer work

Injuries to Joints and Bones

Fractures

Hairline fractures- is were the fracture incomplete

Transverse fracture- a fracture that is completely across the bone

Comminuted fracture- is were the bone shatters into more than two pieces.

Joints

Dislocation- is when the ligaments attached to the bone are torn or out of place

Torn cartilage- is a sharp blow or twisting of the joint

Arthritis- inflammation of the joint and is a result of natural wear and tear

Study Guide Lesson 2