

Sacrum and Coccyx

- Ligaments hold the bottom part of the spinal column to the _____ bones
- _____ in the sacrum allow _____ to travel to the legs

Sternum and Rib Cage

- True Ribs = _____ attachment to sternum
- False Ribs = _____ anterior attachment to sternum
- Floating Ribs = _____ anterior attachment to sternum
- Intercoastal muscles lie between the ribs to help with breathing

Appendicular Skeleton

- Contains the shoulder and pelvic girdles as well as the bones of the arms and legs
- Shoulder girdle = scapula, humerus, and clavicle
- Pelvic girdle = pelvic bones and femur

Clavicle and Scapula

- AC joint = acromial-clavicular joint
- SC joint = sternal-clavicular joint
- Scapular provides sites for _____ attachment (rotator cuff muscles)
- Scapula lies on the _____ aspect of the body

Arm and Hand

- _____ – head fits into the cavity on the scapula
- _____ – moves with the ulna to allow for lower arm rotation
- _____ – forms the main part of the elbow joint
 - Olecranon process = point of _____

Pelvis

- 3 bones = _____, _____, and _____ bones fused together

Leg and Foot

- Head of the femur – attaches to the cavity in the pelvic bone (acetabulum)
- Ankle bones = malleoli from the _____ and _____
- Tibia is the _____ bone of the lower leg
- Patella – _____ bone that glides in the groove of the femur to bend the knee
- _____ = heel bone
- _____ – tibia and fibula sit on this bone to form the ankle joint

Joints / Articulations

- Join bones together securely but give rigid skeleton stability
- Classification: Structurally and Functionally
 - Functional
 - Synarthroses –
 - Sutures in skull
 - Amphiarthroses –
 - Joints between intervertebral discs
 - Diarthroses –
 - Any joint in arms and legs
 - Structural
 - _____ – sutures and syndesmoses
 - _____ – pubic symphysis (synarthroses) and intervertebral joints
 - hyaline cartilage at ends of bones and at ends of ribs (amphiarthroses)
 - _____ – articulating with bone ends and contain synovial fluid

Synovial Joints

- Plane/Gliding – sliding and twisting movement (between carpals)
- Hinge – movement in _____ plane (elbow or knee)
- Pivot – rotation around a _____ axis (radius and ulna or atlas and axis)
- Saddle – movement around a convex and concave joint (carpal and metacarpal)
- Ball and Socket – _____ planes of movement (shoulder or hip)