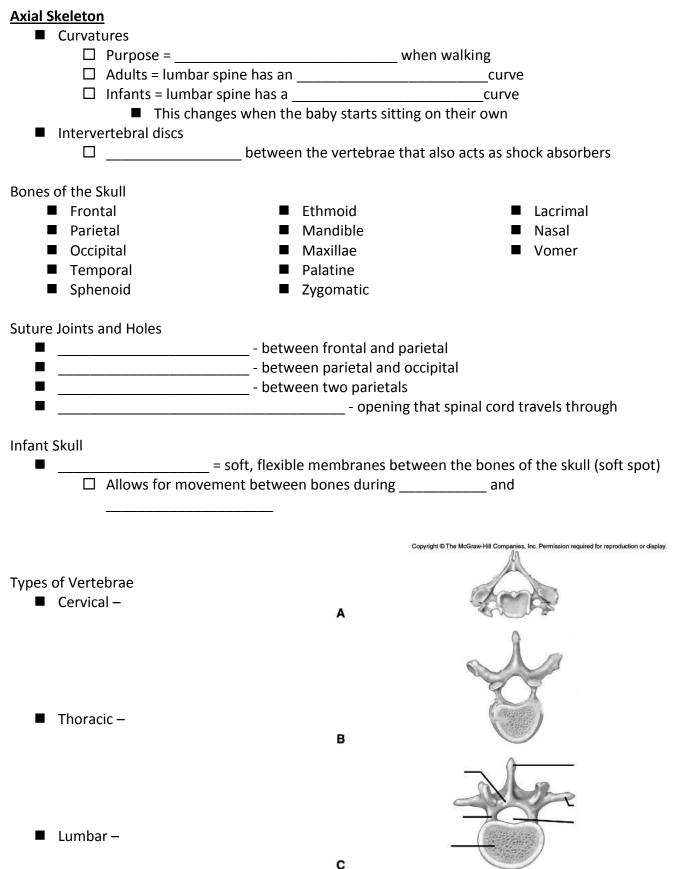
# Axial and Appendicular Skeleton



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
  - o Functional
    - Synarthroses
      - □ Sutures in skull
    - Amphiarthroses
      - □ Joints between intervertebral discs
    - Diarthroses
      - □ Any joint in arms and legs
  - o 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)