

Bones in the Body Facts

Cranium

The cranium is the bony structure that forms the head. It sits at the top of the spine. It supports the structure of the face and also keeps the brain safe. The skull is made up of two parts the cranium and the mandible.



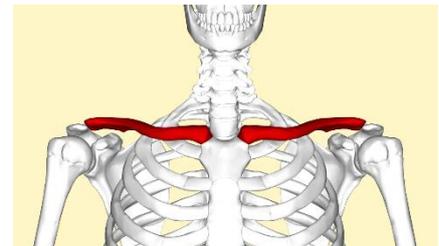
Mandible

The mandible, lower jaw or jawbone is the largest, strongest and lowest bone in the face. It forms the lower jaw and holds the lower teeth in place. Mandible is the only movable bone on the skull.



Clavicle

The clavicle or collarbone is a long bone that serves as a support between the shoulder blade and the sternum. There are two clavicles, one on the left and one on the right. The clavicle is the only long bone in the body that lies horizontally.



Sternum

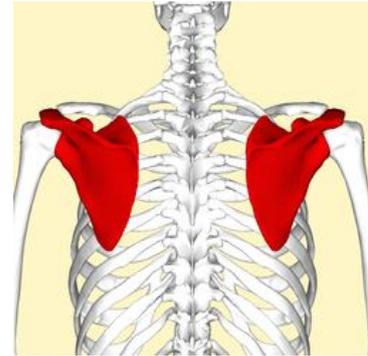
The sternum or breastbone is a long flat bone shaped like a necktie located in the centre of the chest. It connects to the ribs via cartilage, forming the front of the rib cage, and thus helps to protect the heart, lungs, and major blood vessels from injury. It is one of the largest and longest flat bones of the body.



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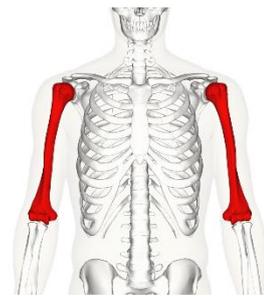
Scapula

The scapula, is the bone that connects the humerus (upper arm bone) with the clavicle (collar bone). Like their connected bones the scapulae are paired, with the scapula on the left side of the body being roughly a mirror image of the right scapula. It is sometimes called the shoulder blade.



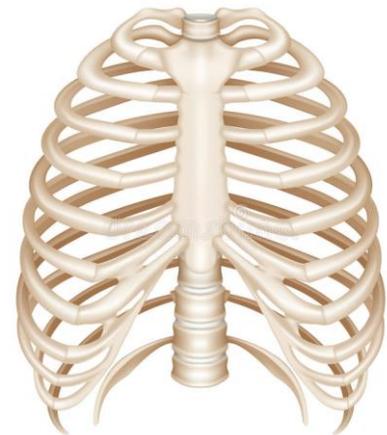
Humerus

The humerus is a long bone in the arm, that runs from the shoulder to the elbow. It connects the scapula and the two bones of the lower arm, the radius and ulna, and consists of three sections.



Rib cage

The rib cage, is a bony and cartilaginous structure which surrounds the thoracic* cavity, forming a core portion of the human skeleton. A typical human rib cage consists of 24 ribs, the sternum, costal cartilages, and the 12 thoracic vertebrae. Together with the skin and associated fascia and muscles, the rib cage makes up the thoracic wall and provides attachments for the muscles of the neck, thorax, upper abdomen, and back.

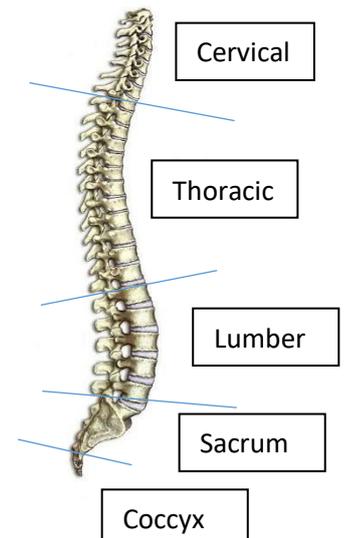


*Thoracic means located near the thorax which is the part of the body between the neck and the abdomen.

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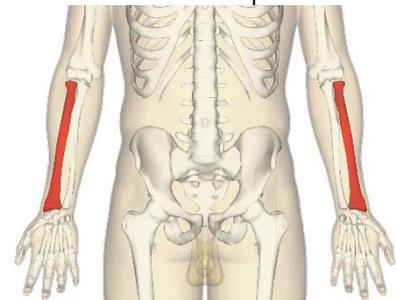
Spine

The vertebral column, also known as the backbone or spine, is part of the axial skeleton. The vertebral column houses the spinal canal, a cavity that encloses and protects the spinal cord. The spine is made of 5 parts: cervical, thoracic, lumbar, sacrum and coccyx.



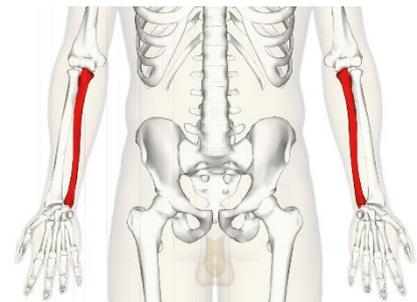
Radius

The radius is one of the two large bones of the forearm, the other being the ulna. It extends from the side of the elbow to the thumb side of the wrist and runs parallel to the ulna. The radius is shorter and smaller than the ulna. It is a long bone, prism-shaped and slightly curved longitudinally.



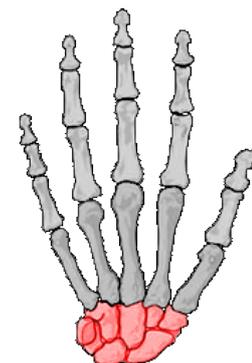
Ulna

The ulna is a long bone found in the forearm that stretches from the elbow to the smallest finger, and when in anatomical position, is found on the medial side of the forearm. It runs parallel to the radius, the other long bone in the forearm, and is the larger and longer of the two.



Carpels

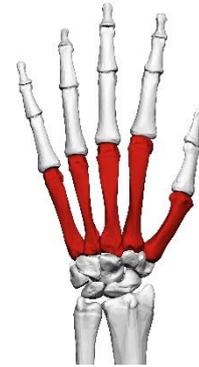
The carpal bones are the eight small bones that make up the wrist that connects the hand to the forearm. In human anatomy, the main role of the wrist is to help the positioning of the hand and powerful use of the muscles in the forearm. The movement of individual carpal bones increases the freedom of movements at the wrist.



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Metacarpals

In human anatomy, the metacarpal bones, form the intermediate part of the skeletal hand located between the phalanges of the fingers and the carpal bones of the wrist which links to the forearm. The metacarpal bones are very like the metatarsal bones in the foot.



Phalanges

The phalanges are digital bones in the hands and feet. The thumbs and big toes have two phalanges while the other digits have three phalanges. The phalanges are classed as long bones.

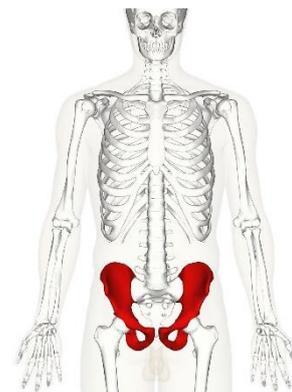


Hand

Foot

Coxal Bone

The hip bone is a large flat bone, constricted in the centre and expanded above and below. The two hip bones join together with the sacrum and coccyx (the pelvic part of the spine) comprise the skeletal component of the pelvis. Each hip bone is connected to the corresponding femur (thigh bone) through the large ball and socket joint of the hip.



Femur

The femur or thigh bone, is the most proximal (closest to the hip joint) bone of the leg. By most measures the femur is the strongest bone in the body. The femur is also the longest bone in the body.



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Patella

The patella, also known as the kneecap, is a thick, circular bone which articulates with the femur (thigh bone) and covers and protects the knee joint.



Fibula

The fibula or calf bone is a leg bone located on the side of the tibia. It is the smaller of the two bones, and, in proportion to its length, the slenderest of all the long bones. Its upper part is small, placed toward the back of the head of the tibia.



Tibia

The tibia, also known as the shinbone, is the larger and stronger of the two bones in the leg below the knee, and it connects the knee with the ankle bones. The tibia is found on the side of the leg next to the fibula. It is the second largest bone in the human body next to the femur. The leg bones are the strongest long bones as they support the rest of the body.



Tarsals

Tarsals are a cluster of seven connecting bones in the foot situated between the lower end of tibia and fibula of the lower leg and the metatarsus. In humans the largest bone in the tarsals is the calcaneus, which is the weight-bearing bone within the heel of the foot.



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Metatarsals

The metatarsal bones, are a group of five long bones in the foot, located between the tarsal bones and the phalanges of the toes. The metatarsals are very like to the metacarpal bones of the hand.

