# Skeletal System



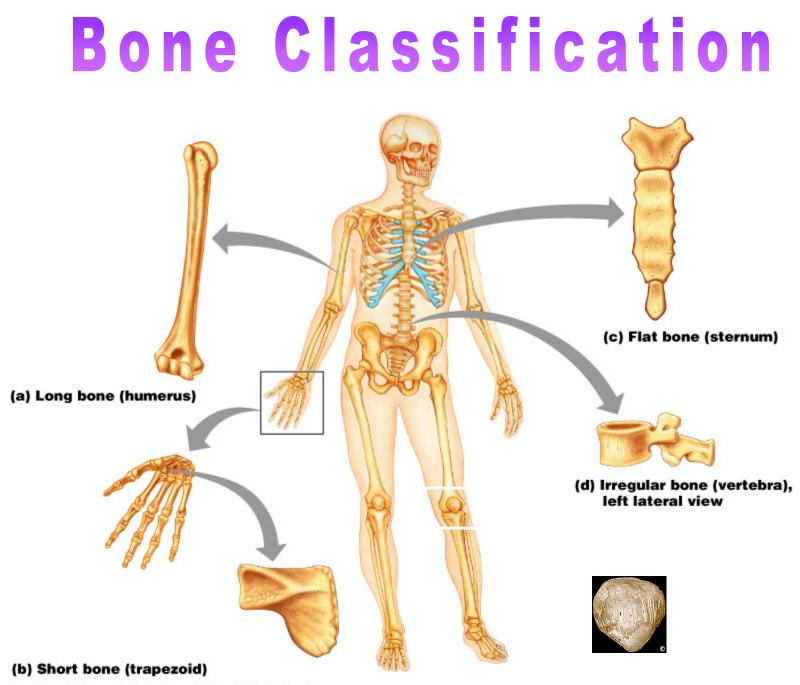
Dr.K.B.Srinivasan,M.P.T (Sports), TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY.

### Function of the Skeletal System

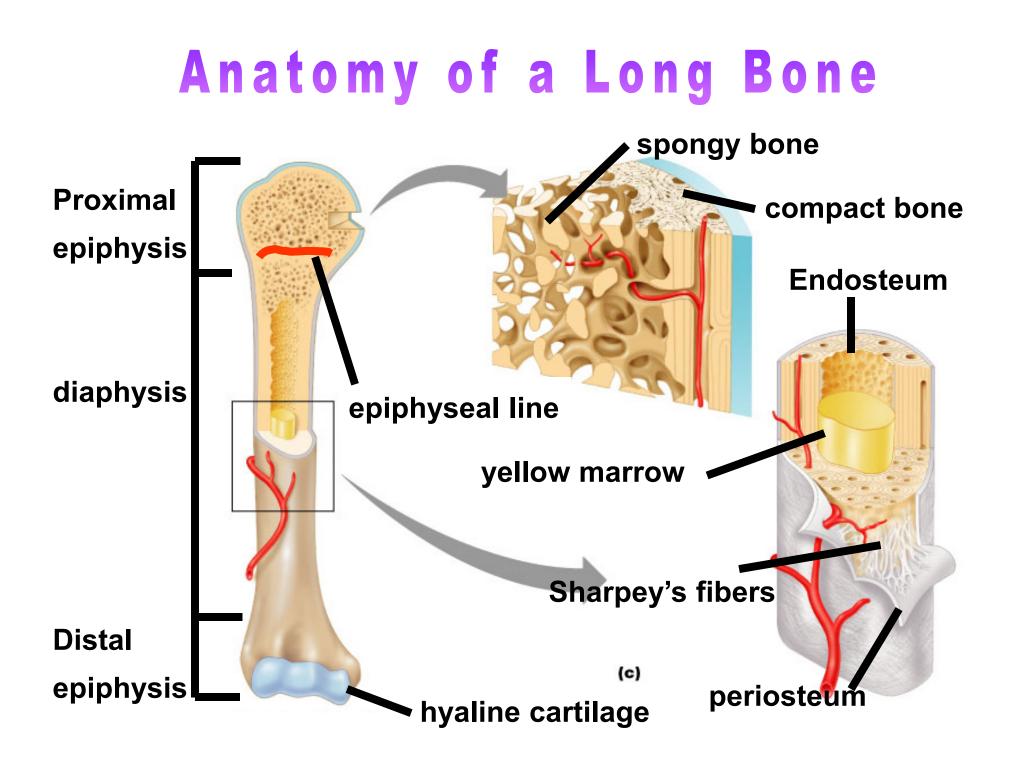
- Support- framework that supports body and cradles its soft organs
- Protection- for delicate organs, heart, lungs, brain
- Movement- bones act as levers for muscles
- Mineral storage- calcium & phosphate
- Blood cell formation- hematopoiesis

## Types of Bones

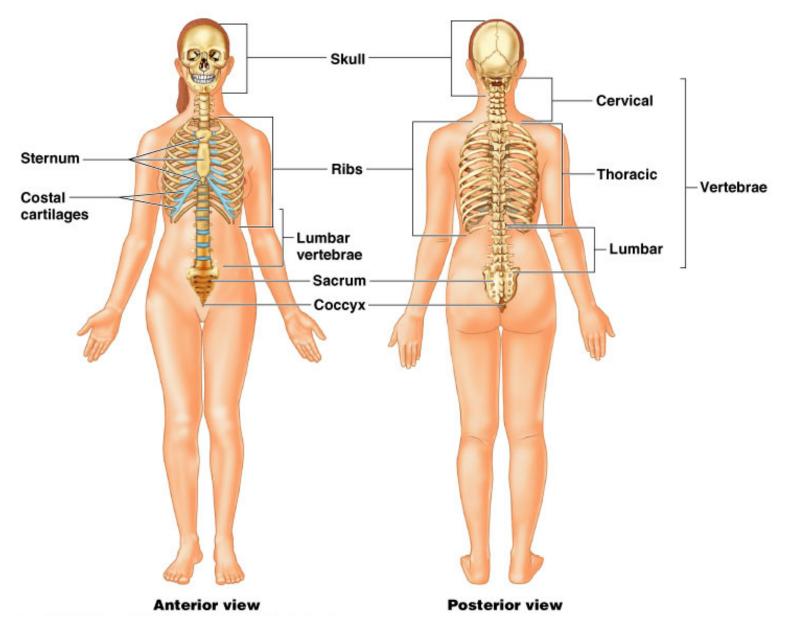
- Long Bones- metacarples, metatarsals, phelangies, humerus, ulna, radius, tibia, fibula
- Short Bones- carpals, tarsals
- Flat Bones- rib, scapula, skull, sternum
- Irregular Bones- vertebrae, some facial bones
- Sesamoid- patella



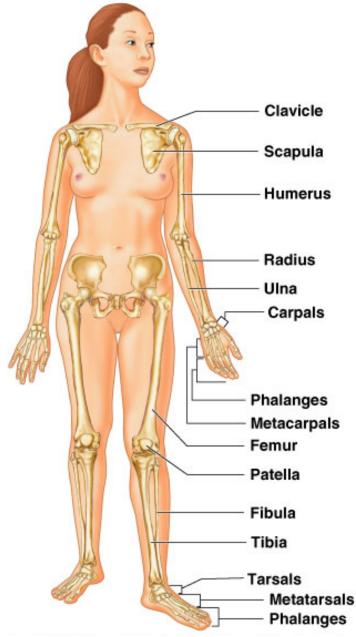
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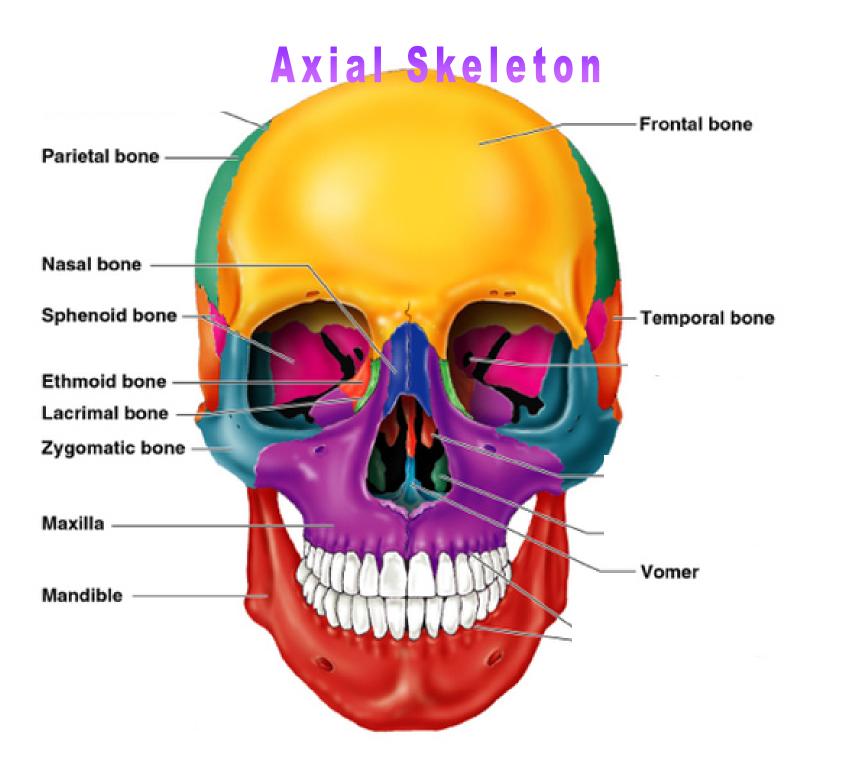


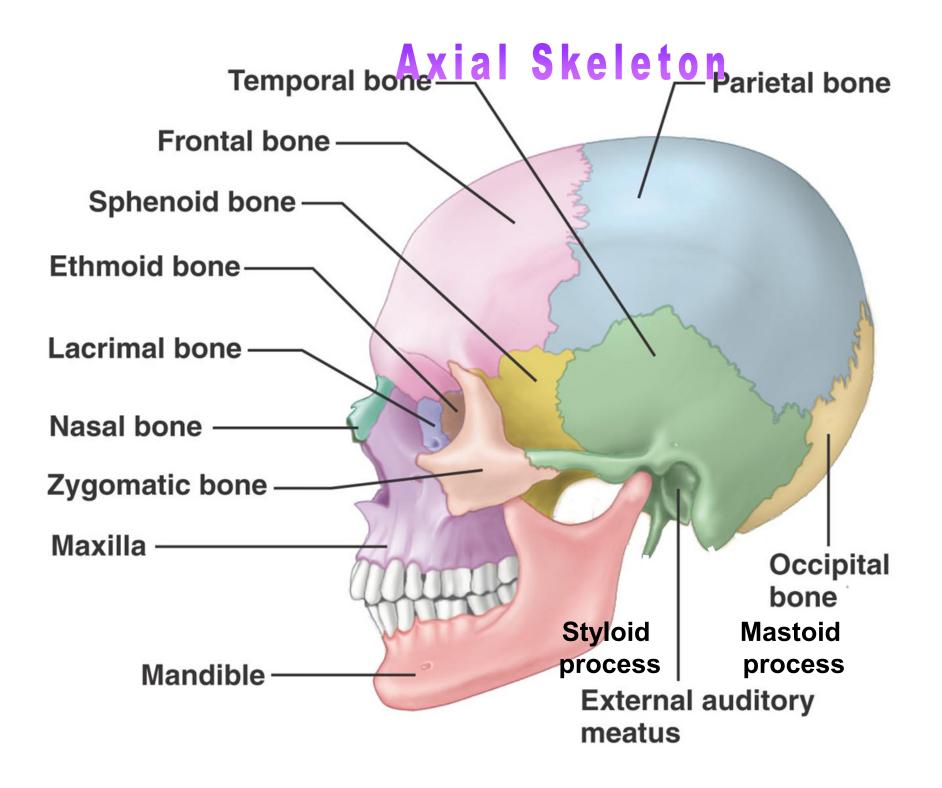
## **Axial Skeleton**

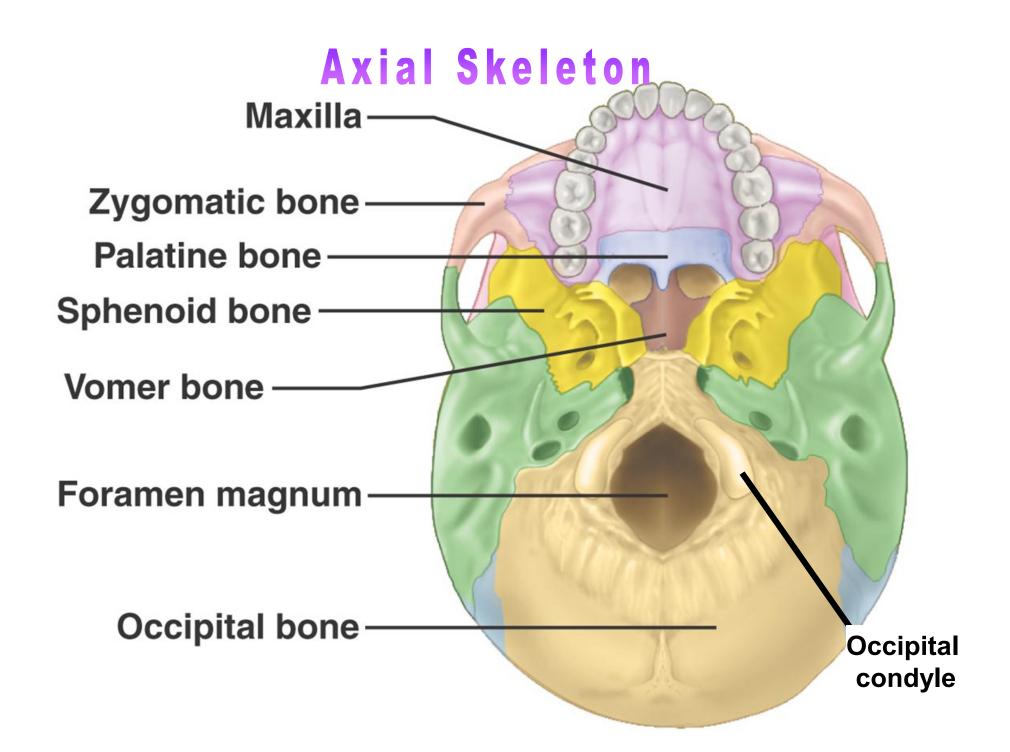


#### **Appendicular Skeleton**

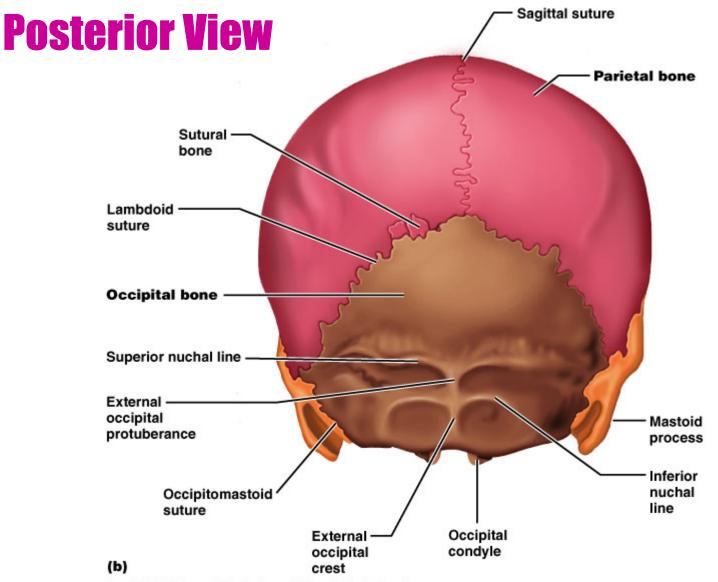






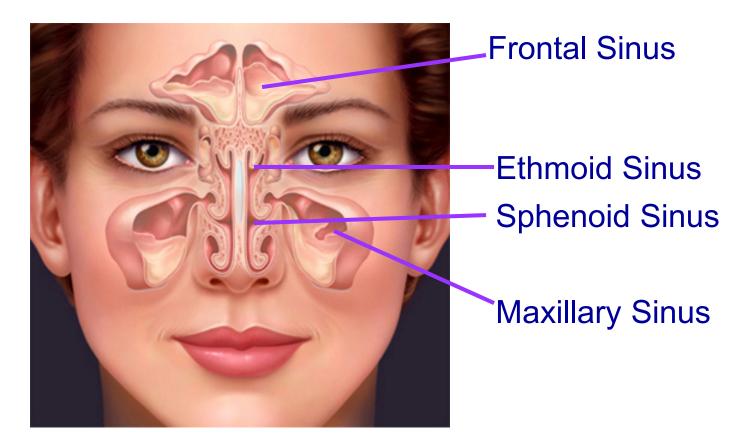


## **Axial Skeleton**



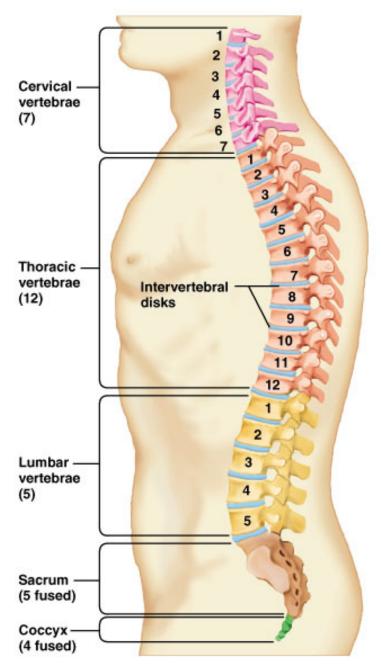
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## **Sinal Cavities**



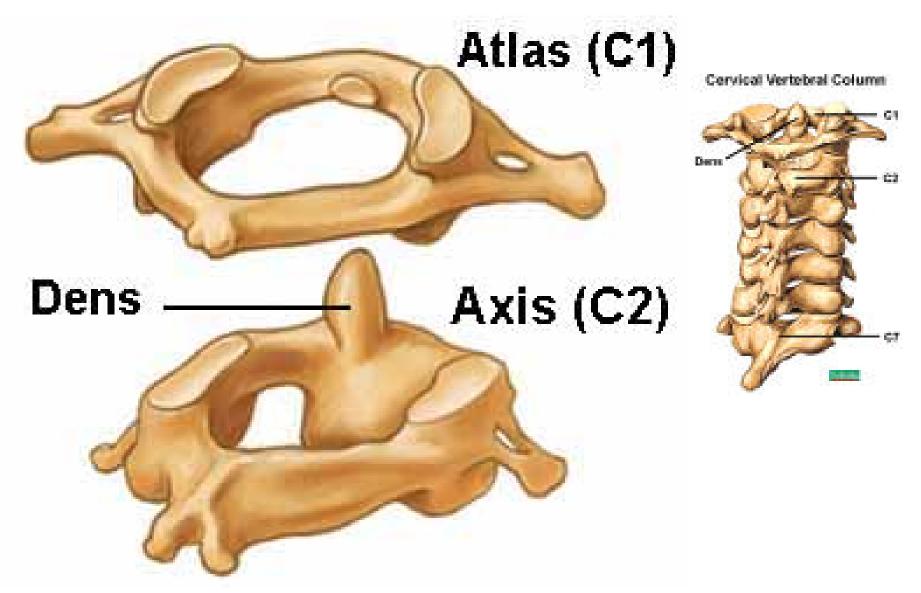
## Axial Skeleton

The Vertebral Column Cervical Vertebrae (7) Thoracic Vertebrae (12) Lumbar Vertberae (5) Sacrum Coccyx

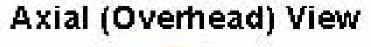


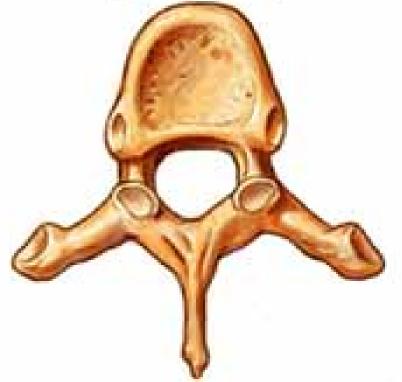
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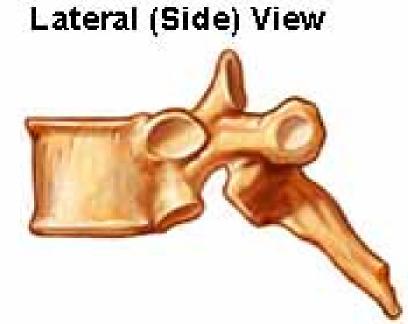
#### **Cervical Vertebrae**

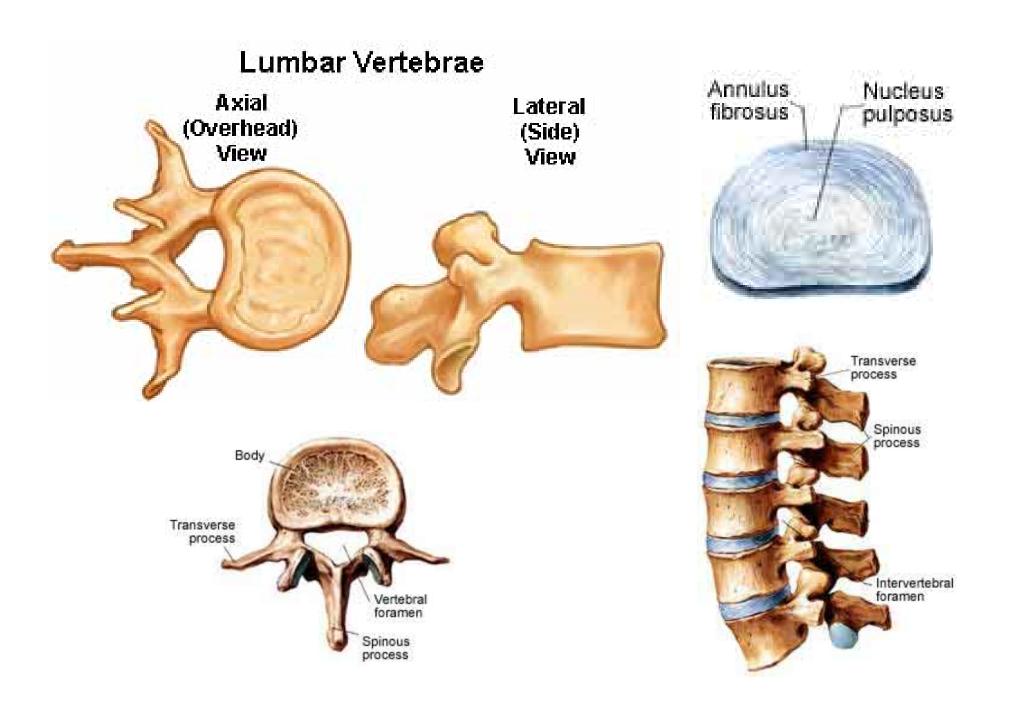


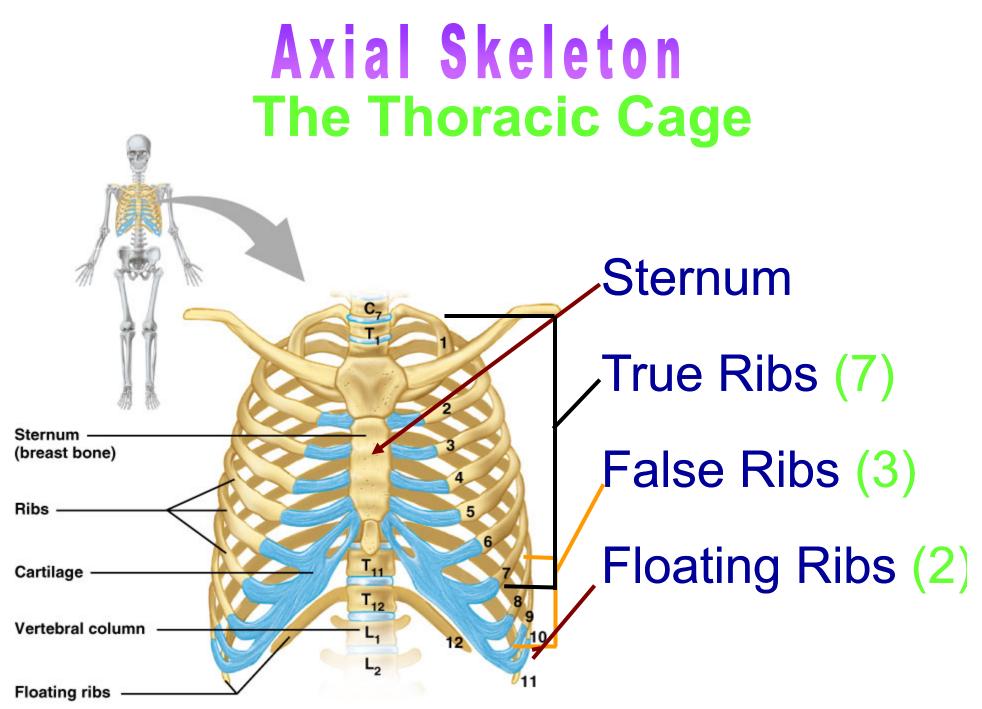
#### **Thoracic Vertebrae**





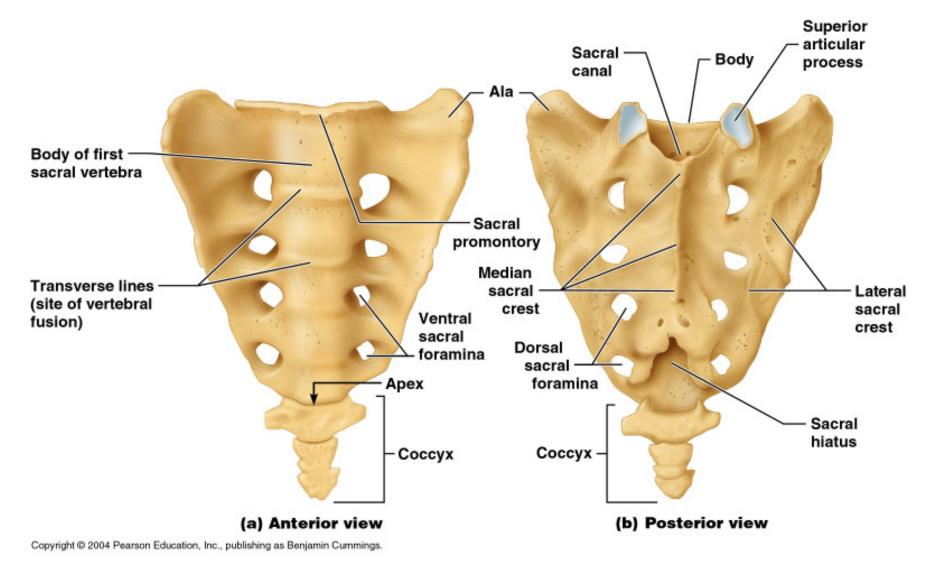




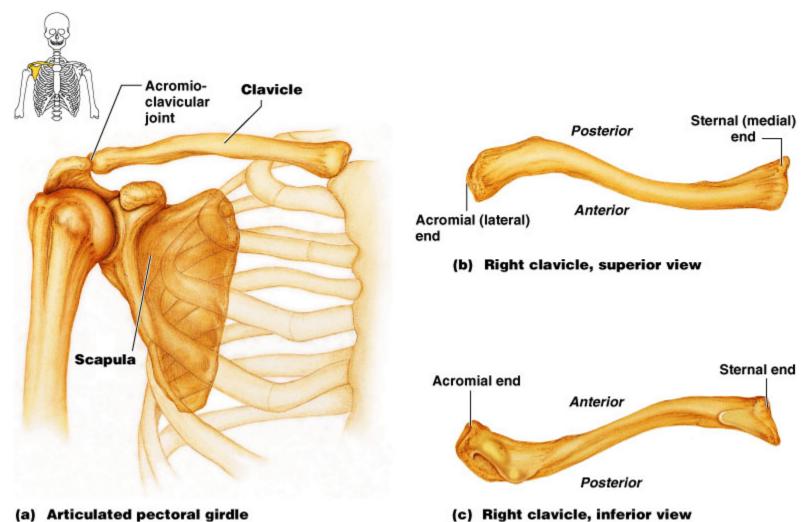


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### Axial Skeleton Sacrum & Coccyx

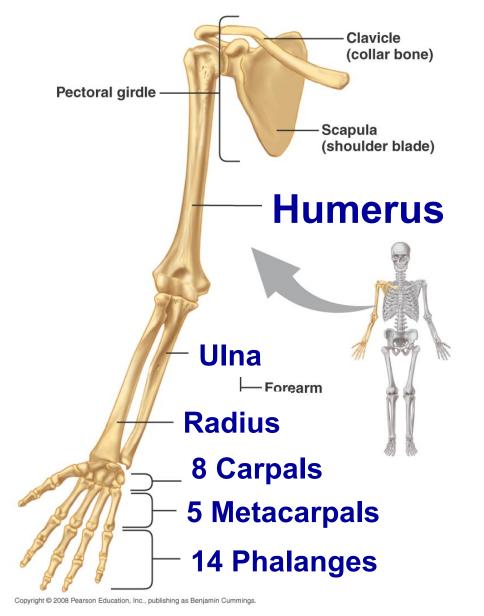


#### Appendicular Skeleton Bones of the Pectoral Girdle



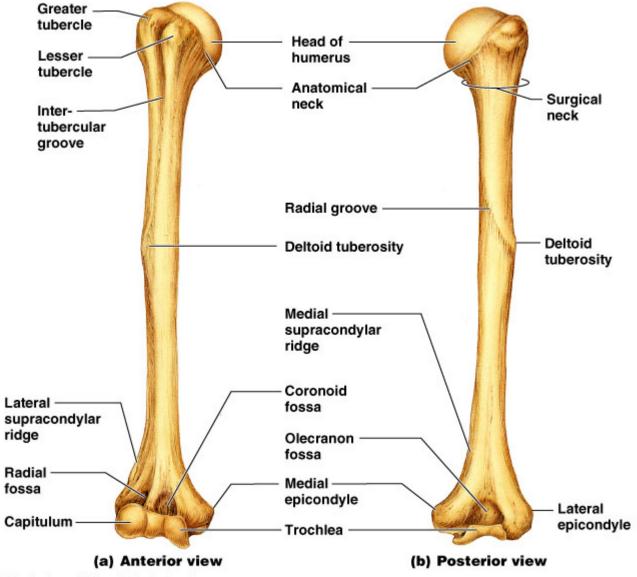
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#### **Appendicular Skeleton**



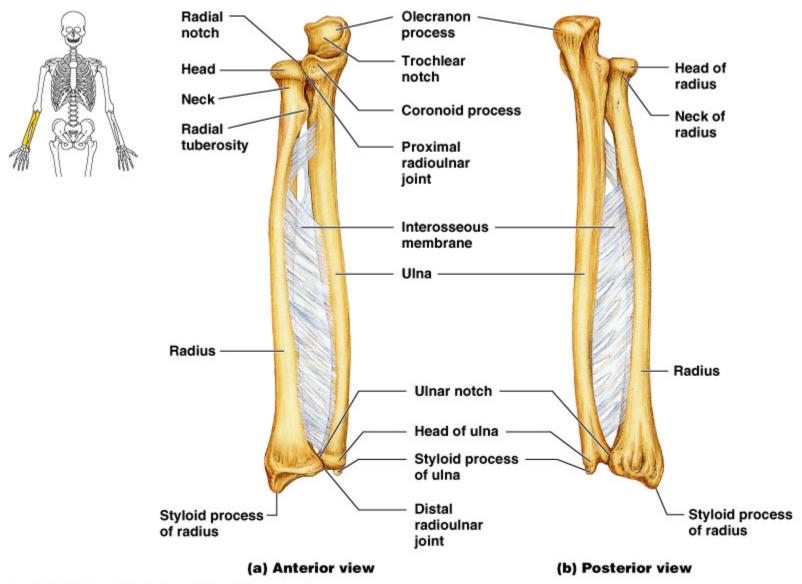
### Humorus



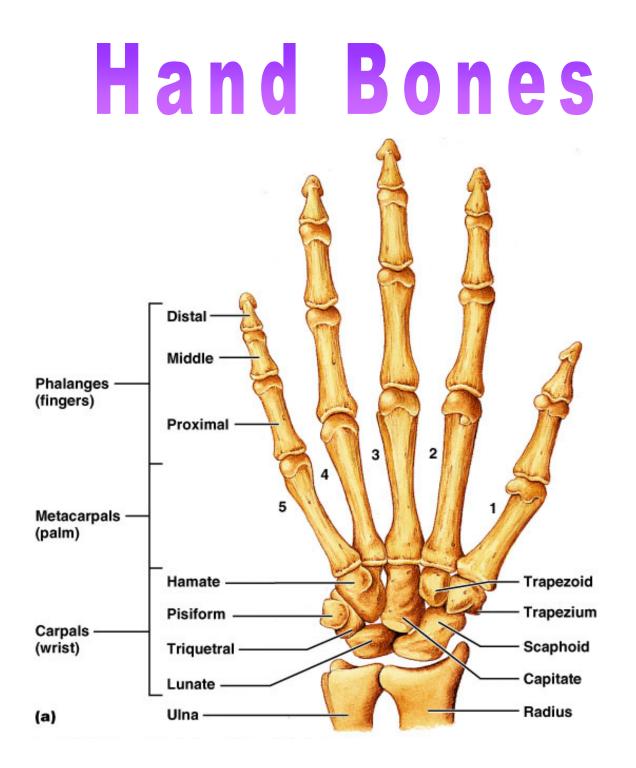


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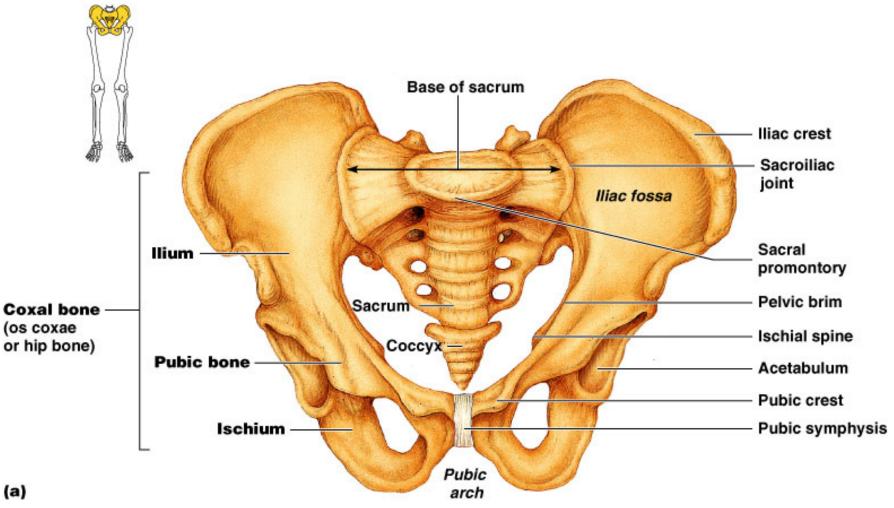
#### **Ulna & Radius**



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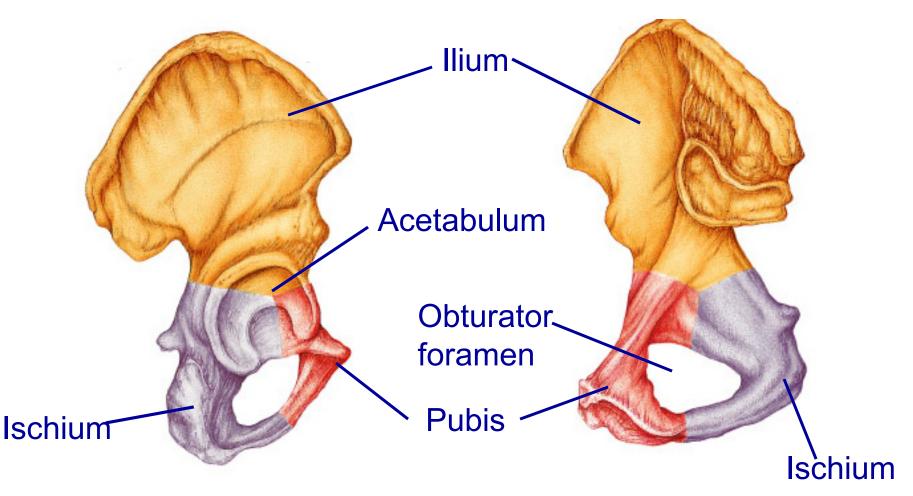


#### **Appendicular Skeleton**

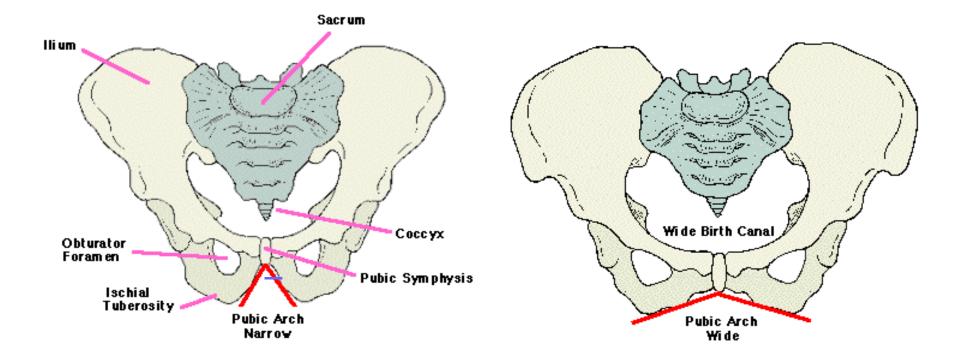


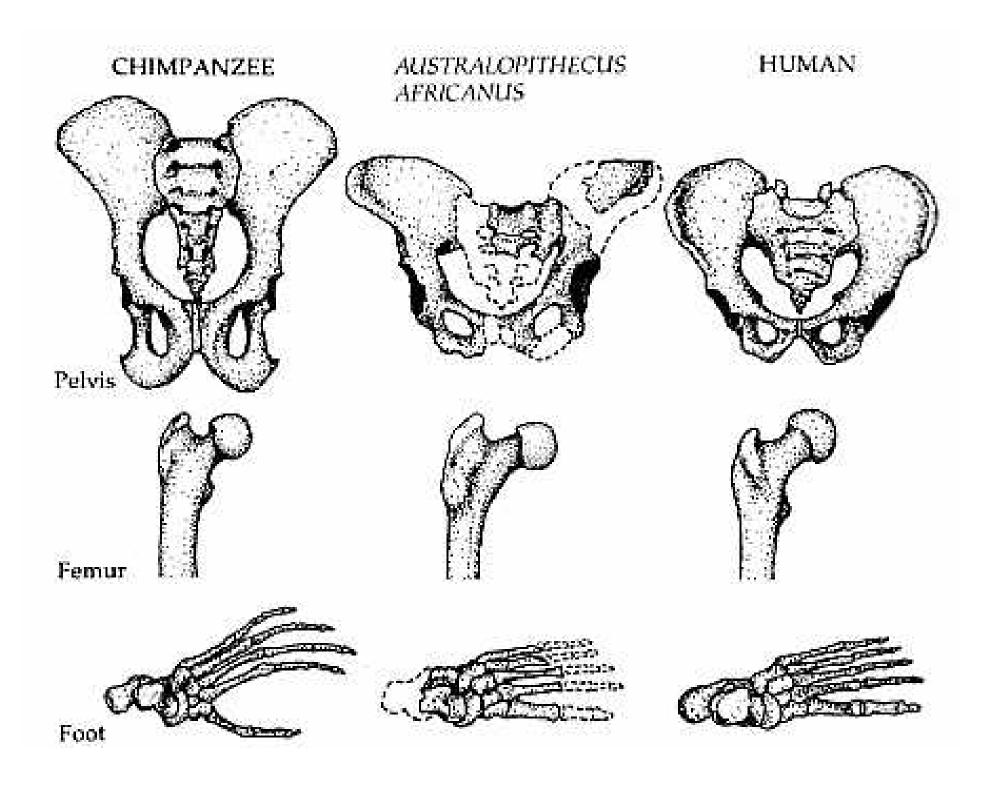
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#### Appendicular Skeleton Pelvis (lateral view)



## Male vs Female Pelvis



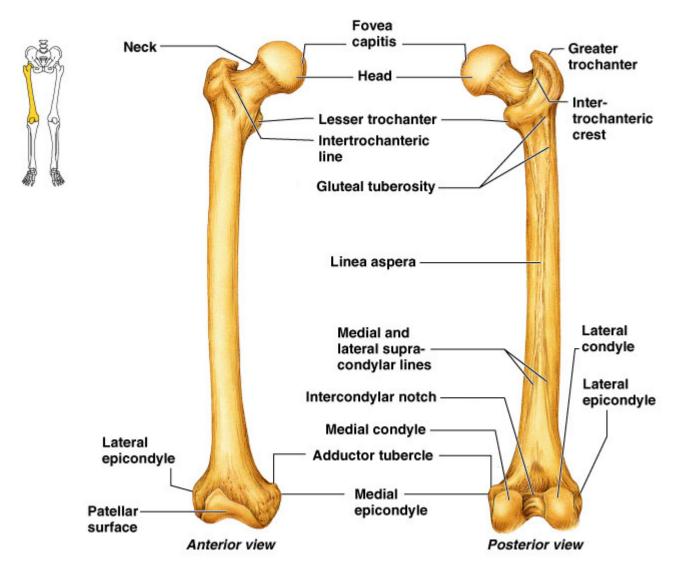


#### **Appendicular Skeleton** The Lower Limb **Coxal bones** (Legs) and sacrum-(pelvis) Pubic symphysis **Femur Patella Tibia Fibula** 7 Tarsals **5** Metatarsals

**14 Phalanges** 

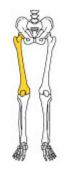
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#### Femur



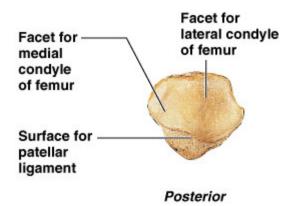


#### Patella

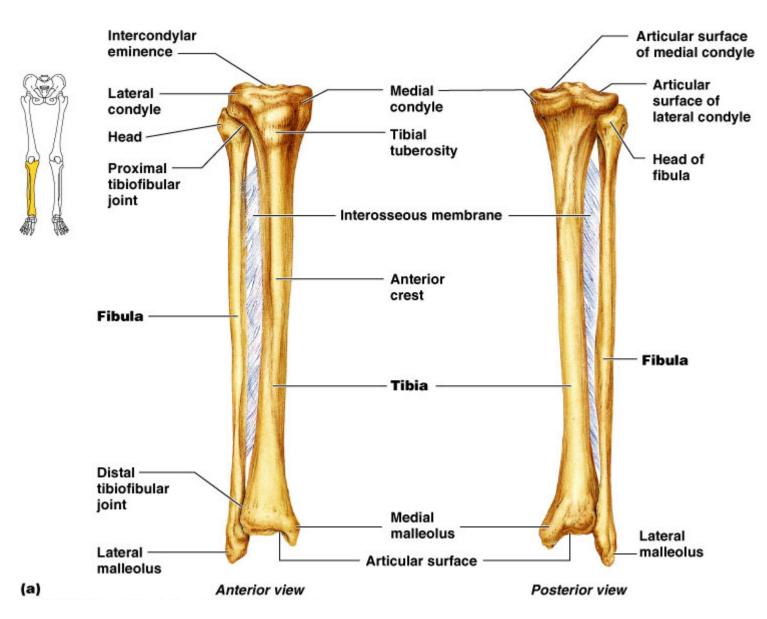




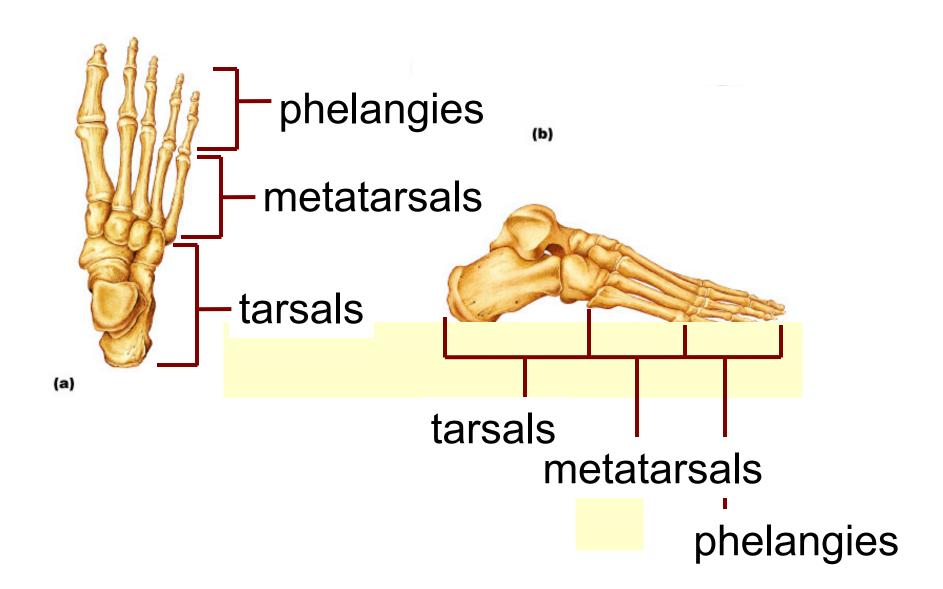
Anterior



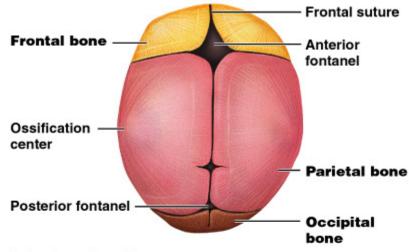
#### Tibia & Fibula



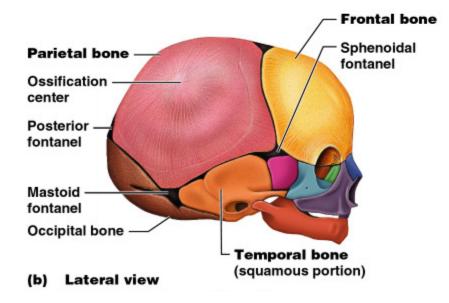
### Foot



## Fetal Skull

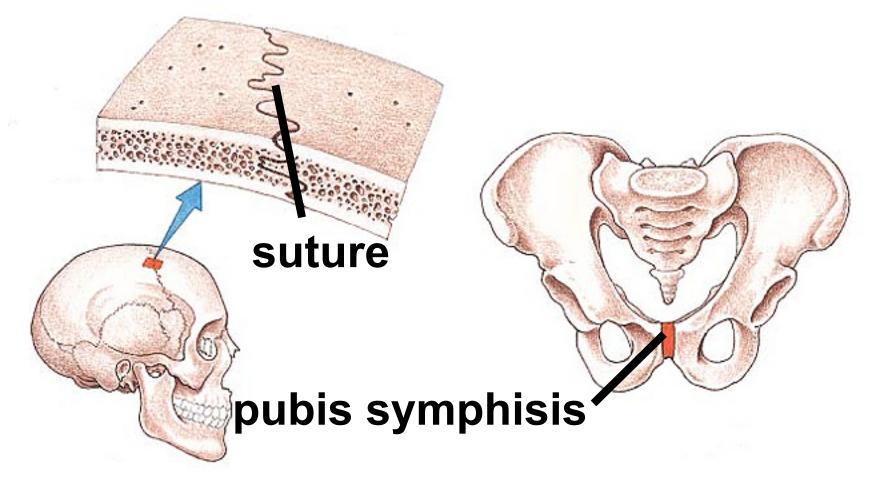


(a) Superior view

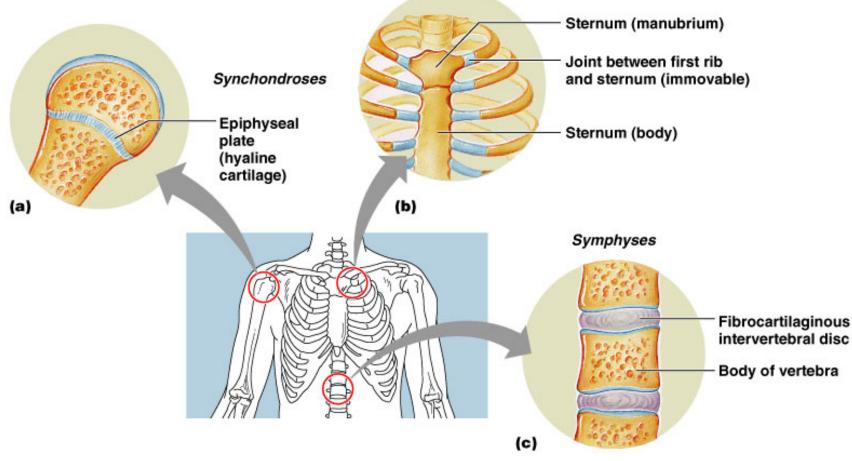


## Fibrous Joints

# Immovable Joints (svnarthrosis)

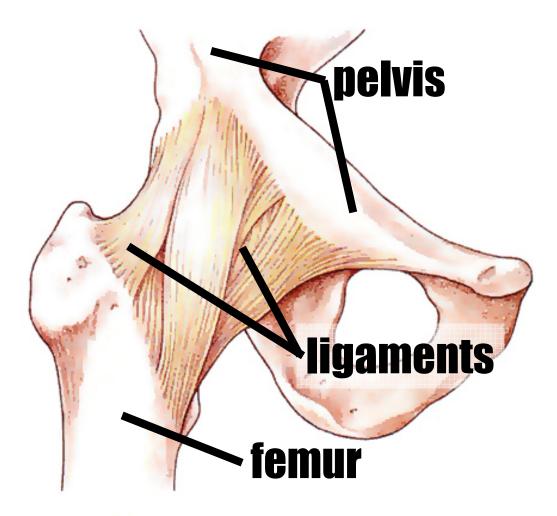


#### Cartilagenous Joints Slightly Movable Joint (ampharthrosis)

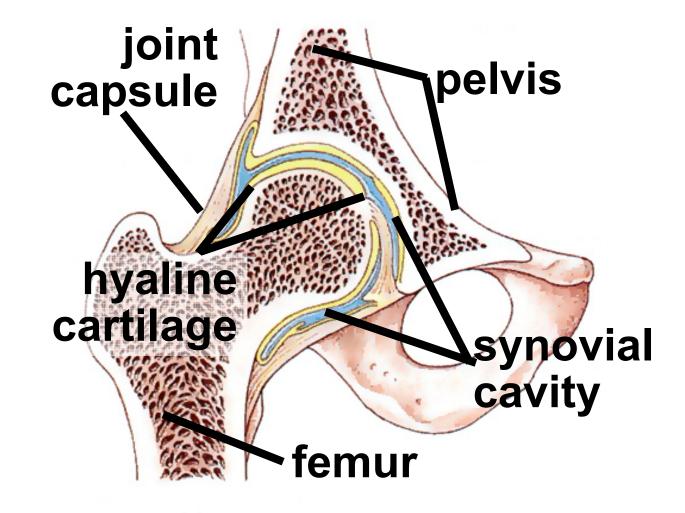


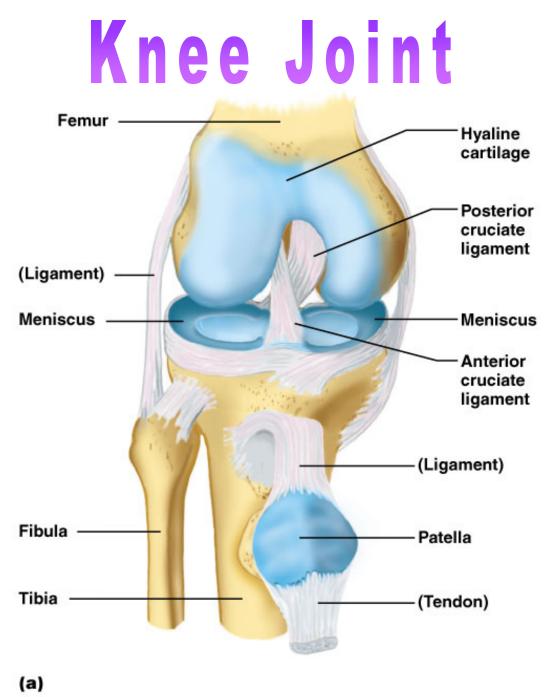
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## Synovial Joints (diarthrosis)-



# Synovial Joints

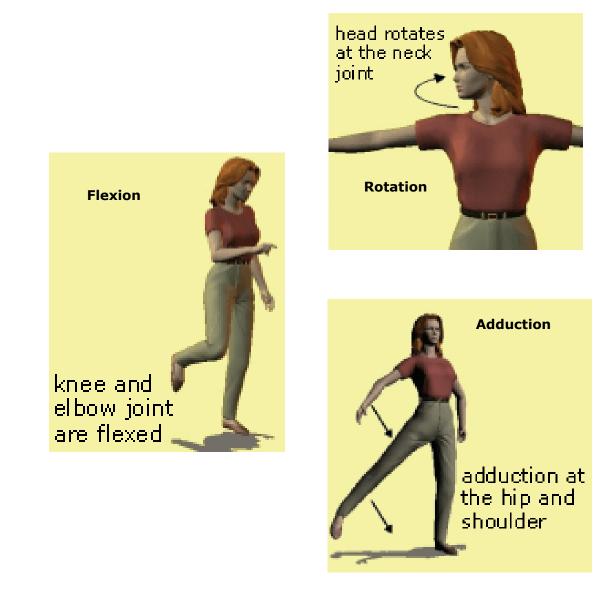




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#### **Synovial Joint Movement**



Abduction at the hip and shoulder

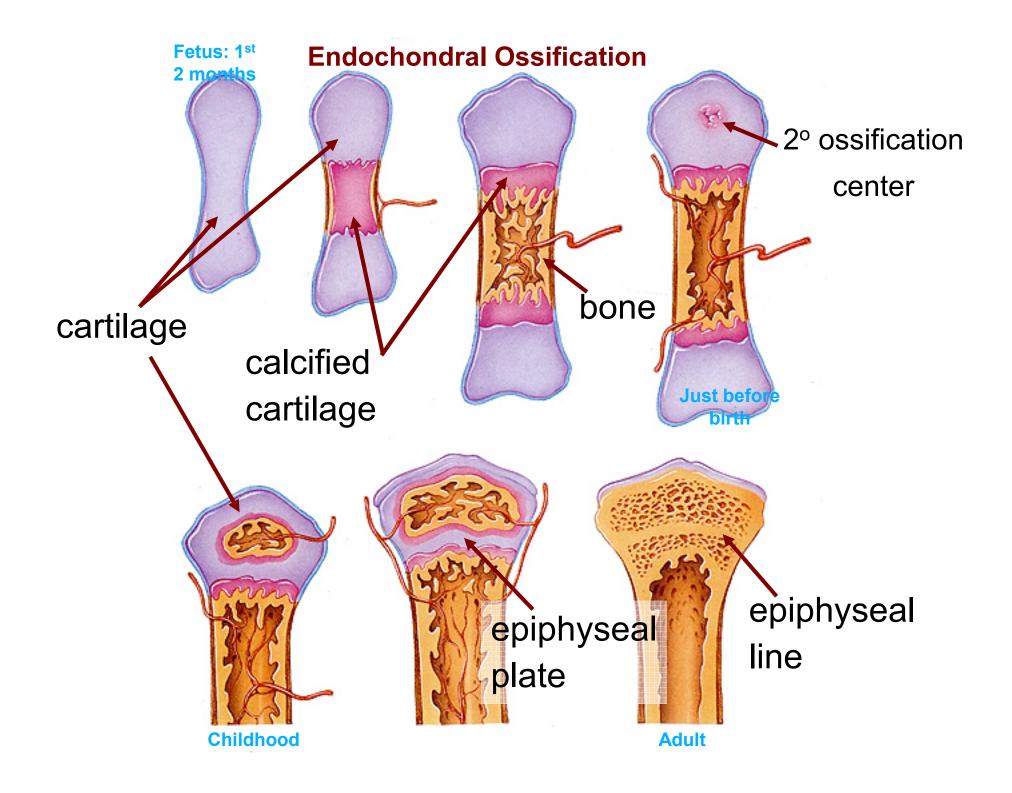
# Fetal Skeleton

### 275 bones

12 weeks (6-9 inches long)

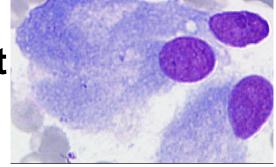


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## Bone cells that aid in remodeling

Osteoblast



Builds new bone

### Osteocyte



Mature bone cell

#### Osteoclast



Eats bone

### **Bone Repair**:

#### **1. Electrical stimulation of the fracture site:**

- Increases speed and completeness of healing
- The e- stimulation inhibits PTH and slow osteoclasts down from reabsorbing bone

#### 2. Ultrasound treatment:

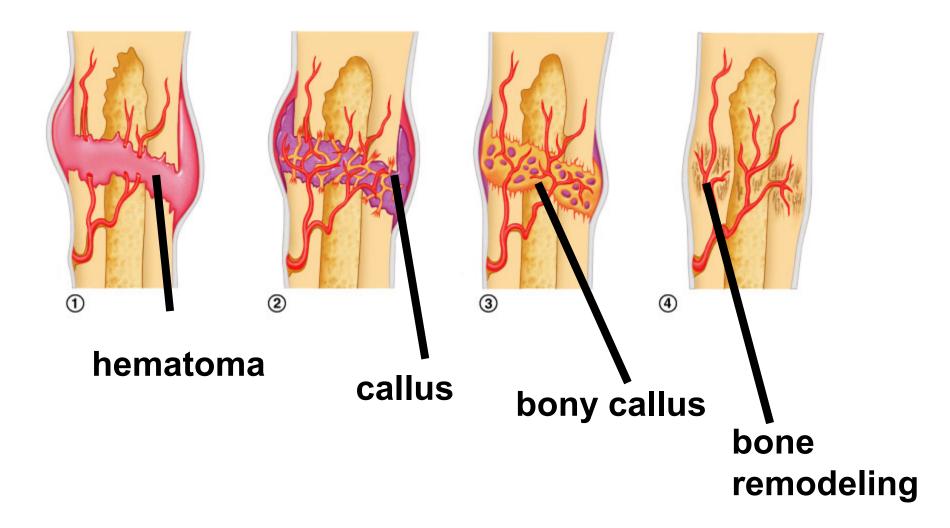
 Daily treatments reduce healing time of broken bones by 25-35%

#### 3. Free vascular fibular graft technique:

- Transplant fibula in arm
- Gives good blood supply not available in other treatments
- 4. Bone substitutes:
- Crushed bone from cadaver- but risk of HIV and hepatitis
- Sea bone- coral
- Artificial bone- ceramic



## **Repair of Fractures**



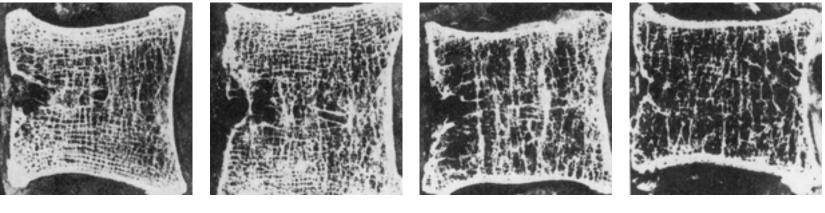
### **Diseases of the Skeletal System:**

Osteoporosis - bone reabsorption outpaces bone deposit; bones become lighter and fracture easier

#### Factors:

- age, gender (more in women)
- estrogen and testosterone decrease
- insufficient exercise (or too much)
- diet poor in Ca<sup>++</sup> and protein
- abnormal vitamin D receptors
- smoking

### Osteoporosis



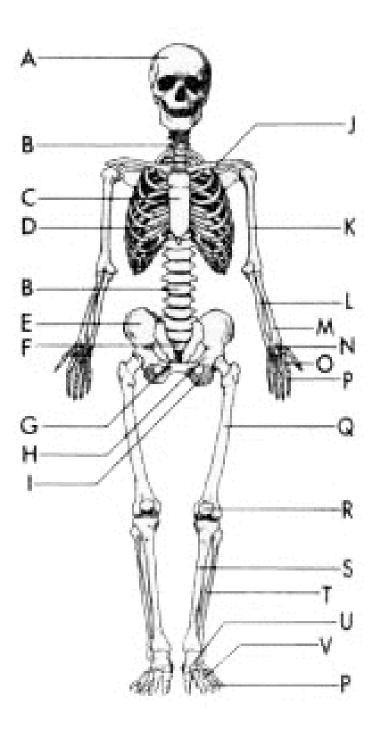
### **Diseases of the Skeletal System:**

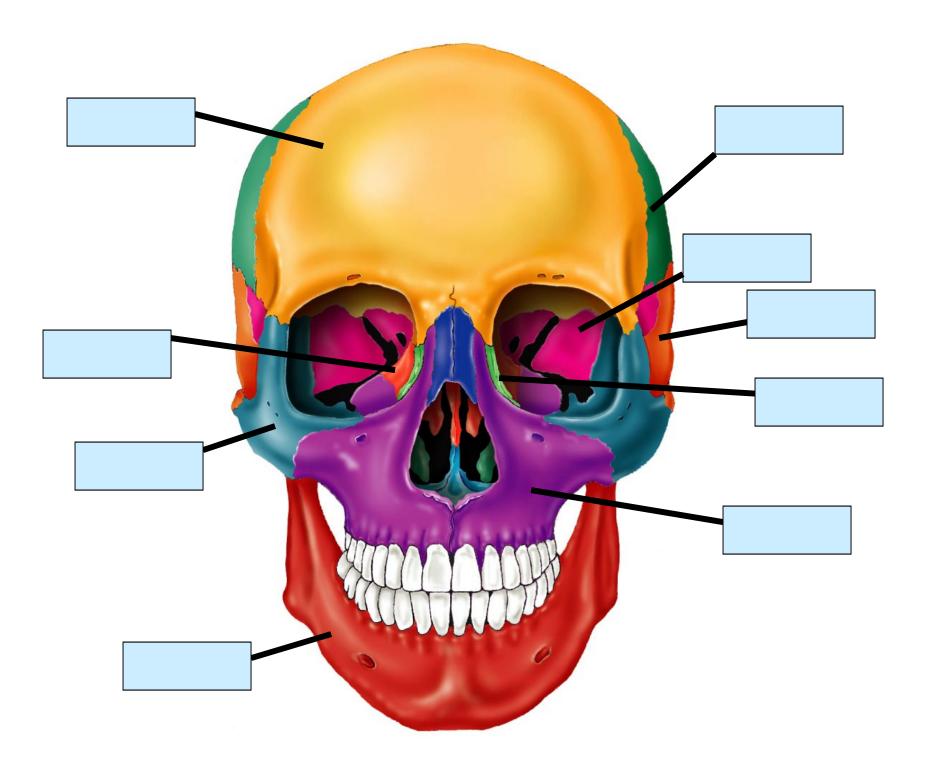
**<u>Rickets</u>**- vitamin D deficiency

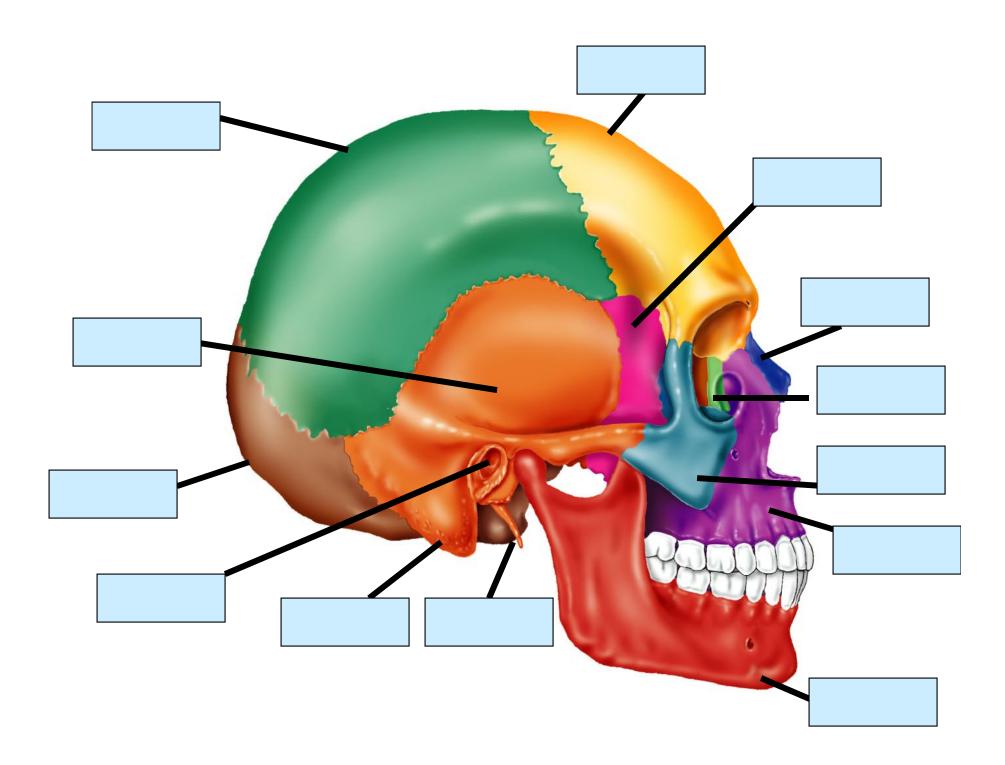
Osteomalacia - soft bones, inadequate mineralization in bones, lack of vitamin D

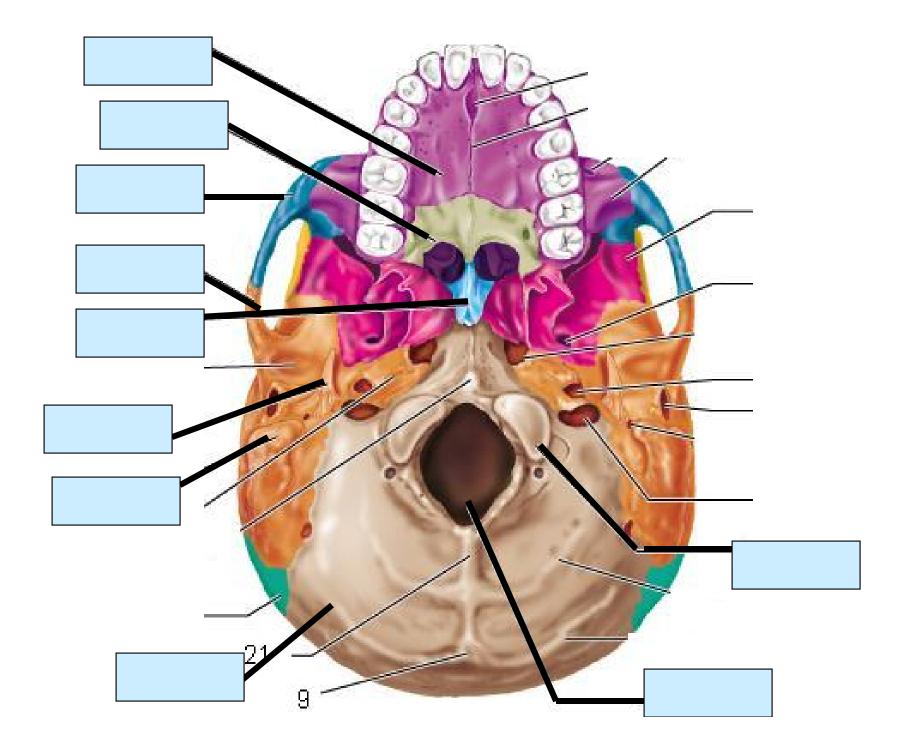
Pagets Disease - spotty weakening in the bones, excessive and abnormal bone remodeling

Rheumatoid arthritis - autoimmune reaction









### INQUIRY

- 1. What is a fontanel?
- 2. How many bones in the adult skeleton?
- 3. What is the difference between the appendicular and axial skeleton?
- 4. What is a meniscus?
- 5. Demonstrate adduction.
- 6. Weight bearing vertebrae are called?
- 7. What does an osteoclast do?

Extra Credit: 1-page reaction paper on bipedalism and problems associated with our human frame. Attach article. Turn in 1-week from today.

http://www.youtube.com/watch?v=DSHoonPWwXQ

