

Oh Dem Bones, Dem Bones

Axial Skeleton (80 bones)

Skull (22 + 6 bones)

1. Name the following:

- | | | |
|----|----|----|
| A. | F. | K. |
| B. | G. | L. |
| C. | H. | M. |
| D. | I. | N. |
| E. | J. | |
| 1) | 3) | 5) |
| 2) | 4) | |

2. With what does M articulate?
3. What is the common name of I?
4. Which suture is not labeled on the skull? Where is it located?
5. What is the large opening in the base of the skull called?
6. What passes through the large opening in the base of the skull?
7. What is purpose of the many holes in the base of the skull?

Cervical Vertebrae

1. How many cervical vertebrae are there?
2. What is the name of C1?
3. What normal vertebral part is C1 missing?
4. How are the transverse processes of C1 adapted to support the skull?
5. What part(s) of the occipital bone makes contact with the C1 vertebrae?
6. What motion does the specialized structure of C1 allow?

7. What is the name of C2?
8. What is the name of the C2 pivot point process?
9. What are the common characteristics of the remaining cervical vertebrae?
10. What are the holes on the cervical transverse processes called? What are they for?

Thoracic Vertebrae

1. How many thoracic vertebrae are there?
2. What are two defining characteristics of the body of a thoracic vertebra?
3. Describe the spinous processes of a thoracic vertebra.
4. Draw and describe the superior and inferior articulating processes. How/why do they fit together so well?
5. What runs through the vertebral foramen?
6. With what do all 12 thoracic vertebrae make contact?

Lumbar Vertebrae

1. How many lumbar vertebrae?
2. Why do you think they have such thick vertebral bodies?
3. Describe the spinous processes.
4. Draw and describe the superior and inferior articulating processes. Explain why this area of the vertebral column has very little rotational movement.

Sacrum and Coccyx

1. Why are the sacrum and the coccyx both called “composite” bones?
2. Look at the median sacral crest. What part of the fused vertebra do you think this represents?
3. With what do the superior articular surfaces of the sacrum make contact?
4. What is the feature labeled A? With what does it make contact?
5. What is another name for the coccyx?

6. In which direction does the coccyx curve?

Sternum

1. What is the common name for the sternum?
2. What are the three bones that make up the sternum? Draw and label these bones.
3. What does the clear plastic on the model represent?

Ribs

1. How many pairs of ribs are there?
2. What are the first seven pairs called? Why?
3. Why are rib pairs 8-12 called false ribs?
4. Why are the last two pairs called floating ribs?
5. Using the model, describe the attachment of ribs 8-10.
6. Order the ribs 1-12. Describe how the length and shape (curvature) changes as you move down the chest.

Appendicular Skeleton (126 bones)

Shoulder Girdle and Upper Limb (32 x 2 bones)

Shoulder Girdle (2 bones)

Set # _____ Is your set the left or the right? How do you know?

1. Name the following:

- | | | |
|----|----|----|
| 1) | 4) | 7) |
| 2) | 5) | 8) |
| 3) | 6) | 9) |

2. Is surface A anterior or posterior? How do you know?
3. What articulates with #2?
4. What articulates with #1?

Clavicle

1. What is the name used for end #1? Why?
2. What is the name used for end #2? Why?

Upper Limb (3 bones)

Set # _____ Is your set the left or the right? How do you know?

Humerus

1. Name the following and tell whether the indicated features are anterior or posterior.

- | | | |
|----|-----|-----|
| 1) | 6) | 11) |
| 2) | 7) | 12) |
| 3) | 8) | 13) |
| 4) | 9) | |
| 5) | 10) | |

2. What is the space between 3 & 4?
3. What attaches at 6?
4. What sits in 8?
5. What sits in 7?
6. What articulates with 10?
7. What articulates with 11?
8. What moves into 12? When?

Ulna

1. Name the following:

- | | | |
|----|----|----|
| 1) | 3) | 5) |
| 2) | 4) | |

2. In what part of the humerus does #1 sit when the arm is fully extended?

3. What is the common name for #1?
4. What part of the humerus sits in #2
5. Where does #3 sit when the arm is flexed?
6. What sits in #4?

Radius

1. Name the following:

1)	3)
2)	4)
2. What part of the ulna does #3 make contact with?
3. What attaches to #2?
4. Why is the capitulum of the humerus rounded?

Hand and wrist (27 bones)

Set #: _____ Is your set the left or the right? How do you know?

Carpals (8 bones)

1. Names the bones:

1)	4)	7)
2)	5)	8)
3)	6)	
2. Come up with a mnemonic device to help you remember the names of the bones.

Metacarpals and phalanges (19 bones)

1. Which finger corresponds to #9?
2. How is digit 9 different from the other four? (think phalanges)

Pelvic Girdle and Lower Limb (30 x 2 bones)

Coxal Bone

Set #: ____ Is your set the left or the right? How do you know?

1. What three bones are fused together to make up the coxal?
2. Name the following:

A.	F.	K.
B.	G.	L.
C.	H.	M.
D.	I.	
E.	J.	

3. What sits in K?
4. Why is it important to measure G during pregnancy?
5. With what does C articulate?
6. What runs through F?
7. What is the name of the opening enclosed by I, J, O, N? Why is it important?
8. List 6 ways in which a female pelvis is different from a male pelvis?

Femur

Set #: ____ Is your set the left or the right? How do you know?

1. Label the following:

A.	E.	I.
B.	F.	J.
C.	G.	K.
D.	H.	

2. What landmarks on the femur are used for major muscle attachment?
3. How is the femur oriented in reference to the pelvis? Why?

4. What articulates with H, J, K?
5. What is another name for the patella?

Tibia

Set #: ____ Is your set the left or the right? How do you know?

1. Name the following:

A.

D.

G.

B.

E.

H.

C.

F.

2. What articulates with surfaces B and C?
3. What articulates with F?
4. Where would you palpate (feel) H on your body?
5. Why can G be easily felt when running your fingers down your "shin bone"?
6. Why is the head (superior end) of the tibia so much larger than the head of the fibula?
7. With which bone does surface I articulate?
8. What sits in J?

Fibula

1. Name the following: A. B.
2. With which part of the femur does C articulate?
3. With which part of the talus does D articulate?
4. Where on your body would you palpate (feel) B?

Ankle and Foot (26 bones)

Set #:____ Is your set the left or the right? How do you know?

Tarsals (7 bones)

1. Name the following:

A.

F.

K.

B.

G.

L.

C.

H.

M.

D.

I.

N.

E.

J.

O.

2. What is the common name for B?

3. What two bones articulate with A to make the “ankle” joint?

4. With which toe does metatarsal H correspond?

5. How is the big toe different from the other 4 digits?