

Axial Skeleton = this refers to the central axis of the body.
(cranium, vertebrae, ribs)

CRANIUM = Bones of the Skull:
Forehead = Frontal bone
Top Sides = Parietal bone
Lower Back = Occipital bone

Face = Nasal (nose), maxilla (upper jaw), mandible (lower jaw)
* Zygomatic (cheek bones) → Ms. W's favorite 😊

VERTEBRAL COLUMN

- vertebra = singular
- vertebrae = plural
- vertebrate = animal with a backbone
- each vertebra is separated by cartilage (called a disk)
- top vertebra is called the Atlas.
- bottom vertebrae are the SACRUM ↓ COCCYX
(butt crack bones) (tailbone)

RIBCAGE and STERNUM

↓ ↪ breastbone
♂ ↓ ♀ have the same #!!

Appendicular Skeleton = appendages (arms + legs)

PECTORAL GIRDLE

→ holds your ARMS on to the axial skeleton!

(Girdle = hold together)

SCAPULA (shoulder blade) & CLAVICLE (collar bone)

} these 2 bones are the pectoral girdle

ARM BONES = Humerus (upper arm), Radius (thumb side), Ulna (elbow)

HAND = Metacarpals

WRIST = Carpals

FINGERS = Phalanges (phalanx = one)

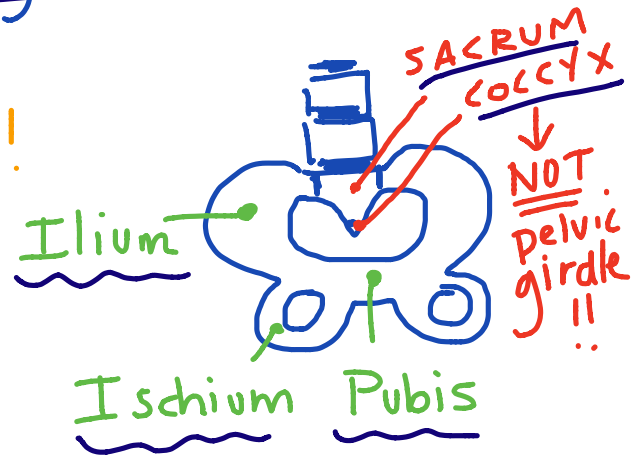
PELVIC GIRDLE

→ holds your LEGS on!

ILIUM = hip bone

ISCHIUM = "sitz" bones (butt bone!)

PUBIS = center



LEGS = Femur (thigh), Patella (knee cap), Tibia (shin), Fibula (outer ankle)

FOOT = Metatarsals

Toes = Phalanges

ANKLE = Tarsals

