

# SKELETAL SYSTEM

The skeletal system in an adult body is made up of 206 individual bones. These bones are arranged into two major divisions: the axial skeleton and the appendicular skeleton. The axial skeleton runs along the body's midline axis and is made up of 80 bones in the skull, hyoid, auditory ossicles, ribs, sternum, and the vertebral column. The appendicular skeleton is made up of 126 bones in the upper and lower limbs and the pelvic and pectoral (shoulder) girdles.

## **Axial Skeleton**

- Skull
- Hyoid and Auditory Ossicles
- Vertebrae
- Ribs and Sternum

## **Appendicular Skeleton**

- Pectoral Girdle and Upper Limb
- Pelvic Girdle and Lower Limb

## **TYPES OF BONES**

- Long bones
- Short bones
- Flat bones
- Irregular bones
- Sesamoid bones

## **COMMON DISORDERS**

- Bursitis
- Osteoporosis
- Sprains
- Fractures

## **COMMON KINDS OF SPRAINS**

- Spina bifida
- Scurvy
- Arthritis
- Scoliosis
- Tendinitis
- Kyphosis
- Poliomyelitis