**NAME : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**CHAPTER 5 – SKELETAL SYSTEM REVIEW GUIDE**

**Complete the following questions on a separate piece of paper be ready to hand in your answers by the middle of next class:**

1. **List five main functions of the Skeletal System.**
2. **For each bone listed – state the bone shape it possesses:**
3. **Patella C) Atlas E) Capitate (Carpal)**
4. **Femur D) Gladiolus of sternum**
5. **Define the following Long Bone Anatomical Structures:**
6. **Diaphysis F) Endosteum**
7. **Epiphysis G) Periosteum**
8. **Epiphyseal Plate H) Trabeculae**
9. **Medullary Cavity I) Cancellous Bone**
10. **Articular Cartilage**
11. **Compact bone anatomy – Define each anatomical structure:**
12. **Osteon D) Lacunae**
13. **Haversian Canal E) Lamellae**
14. **Lamellae F) Canaliculi**
15. **Define each:**
16. **Endochondral Ossification C) Osteoclast**
17. **Osteoblast D) Osteocyte**
18. **Write down the following subtitles and leave two lines between each category :**
19. **Cranial Bones (5) : F) Rib Cage/Sternum Bones (5) :**
20. **Facial Bones (4) : G) Spinal Column Bones/Regions (7) :**
21. **Shoulder Girdle Bones (2) : H) Pelvic Girdle Bones (4) :**
22. **Upper Extremity Bones (6) : I) Tongue Support Bone (1) :**
23. **Lower Extremity Bones (9) :**

**Then take each bone listed below and write its name beside the category (A, B, C 🡪 H) that it belongs to**

* **Atlas - Occipital - Metacarpal - Tarsals**
* **Patella - Maxilla - Distal Phalanx foot - Gladiolus**
* **Sphenoid - Sacrum - Metatarsal - C1 🡪C7**
	+ - * + **OVER 🡪**
* **Mandible - Ilium - T1 🡪 T12 - Tibia**
* **Manubrium - Zygomatic - Ischium - Lumbar #4**
* **Humerus - Frontal - Axis - Ulna**
* **Trapezium - Xyphoid Process - Clavicle - Pubis**
* **Fibula - Coccyx - Parietal - Scapula**
* **Calcaneus - Talus - Radius - Nasal**
* **Temporal - Hyoid - True Rib - Floating Rib**
* **Coxal - Femur - Carpals - Thoracic**
1. **What are ossicles? Name each ossicle and state how many total ossicles you possess?**
2. **Describe the difference between the Axial Skeleton and the Appendicular Skeleton.**
3. **Be able to identify the following – Spinous Process, Vertebral Body, Superior Articular Processes, Transverse Processes, Vertebral Foramen and Inferior Articular Processes.**
4. **Compare and contrast the three main categories of skeletal articulations.**
5. **For each synovial joint – state a specific location in the body where you could find it.**
6. **HINGE C) BALL AND SOCKET E) PIVOT**
7. **SADDLE D) ELLIPSOID/CONDYLOID G) GLIDING/PLANE**
8. **Describe each joint movement:**
9. **Flexion D) Extension G) Adduction J) Dorsiflexion**
10. **Circumduction E) Supination H) Plantar Flexion**
11. **Abduction F) Rotation I) Pronation**
12. **\*\*\* Be able to label the following structures on a diagram:**
13. **Anterior Cruciate Ligament E) Lateral Collateral Ligament**
14. **Medial Collateral Ligament F) Lateral Meniscus**
15. **Medial Meniscus G) Lateral Femoral Condyle**
16. **Posterior Cruciate Ligament H) Medial Tibial Condyle**
17. **How many total bones are in the human skeleton?**
18. **Differentiate between A) Scoliosis B) Lordosis C) Kyphosis**
19. **List and describe the key steps in treating an injury with the acronym R.I.C.E.**