



Third Grade Skeletal System Study Guide

How many bones are in the human body? 206

Our bones have many jobs. They

- **help hold you up**
- **your body it's shape**
- **protect your organs**
- **help you move**

There are 4 major types of bone shapes.

- Long** (leg bones, arm bones, fingers, toes)
- Short** (wrist and ankle bones, patella)
- Flat** (ribs, skull, pelvis)
- Irregular** (vertebrae (spine), bones of the face)

Joints are where two bones come together. Some types of joints are:

- Ball and socket** – Shoulders and hips. Can move in many directions
- Hinge** - Elbows, knees, fingers and toes. Allows the bones to move back and forth.
- Pivot** - Neck. Allows the head to turn side to side without turning the whole body.
- Fixed** - Skull. Locked together, do not allow movement

Cartilage is a tough, flexible tissue at the end of the bones that keeps the bones from grinding together.

Ligaments connect bones to bones.

Tendons connect muscle to bones.

Bones are made of: -**Solid bone** (hard outer covering)

- Spongy bone** (many holes that make the bones lightweight)
- Red marrow** (makes red blood cells)
- Yellow marrow** (stores fat)
- Cartilage** (keeps bones from grinding together)

A broken bone is called a **fracture**.

X-rays are used to see broken bones.

A **cast or splint** helps a broken bone heal.

When a bone gets out of place, it is called a **dislocation**.

A **sprain** is an injury in a ligament (usually near a joint).

A **strain** is an injury in the soft tissue in the muscles or tendons.

How to keep your bones strong and healthy:

Exercise

Foods that contain **calcium** help make bones strong.

Remember "**Posture Perfect**" when sitting, standing and moving.

Use proper **sports equipment** to protect your bones.

How to treat an injury to your bones, tendons or ligaments:

Remember **R I C E**

-**R** means **rest**, do not move the injured area

-**I** means **ice**, ice will help reduce swelling

-**C** means **compression**, press the ice over the area.

-**E** means **elevate**. Raise the injured part above the heart

Some **diseases** of the skeletal system are:

-**Osteoporosis** – bone tissue become brittle

-**Arthritis** – Swelling in the joints

-**Scoliosis** – curving of the spine

-**Lyme disease** – caused by the bite of a deer tick. Can affect the joints.