

**process**

**any projection  
or bump**

**trochanter**

**a large rough  
projection**

**tuberosity**

**a small rough  
projection**

**crest**

**a prominent  
ridge**

**condyle**

**a smooth rounded,  
articular process**

**facet**

**a small, flat  
articular surface**

**fossa**

**a shallow  
depression**

**foramen**

**a rounded  
passageway for blood  
vessels or nerves**

**canal**

**a passageway  
through the  
substance of a bone**

**sinus**

**a chamber within  
a bone, normally  
filled with air**

**osteocyte**

**bone cell**

**lamellae**

**layer of  
bone matrix**

**canaliculi**

**narrow  
passageways in  
compact bone**

**osteon**  
**(Haversian System)**

**basic functional  
unit of mature  
compact bone**

**trabeculae**

**The matrix of  
spongy bone**

**red marrow**

**responsible for  
blood cell  
formation**

**yellow marrow**

**adipose tissue in  
bone – usually in the  
medullary cavity**

**periosteum**

**outside covering  
of bone**

**endosteum**

**inner lining of the  
medullary cavity**

**ossification**

**the process of bone  
formation**

**articular  
cartilage**

**covers the ends of  
bones – prevents  
bone to bone contact**

**osteoporosis**

**a reduction in bone mass that compromises normal function**

**fracture**

**a crack or break in a bone**

**axial skeleton**

**The longitudinal axis of the body including skull, ribs, vertebral column**



**appendicular  
skeleton**

**includes the bones of  
the limbs and pectoral  
and pelvic girdles**

**orbit**

**bony recess that  
contains the eye**

**fontanel**

**flexible joints in the  
skull of an infant**

**vertebral  
column**

**spine**

**cervical  
region**

**neck region of the  
spine**

**thoracic  
region**

**includes ribs and  
thoracic vertebrae –  
chest area**

**lumbar  
region**

**lower back includes  
lumbar vertebrae**

**vertebral  
canal**

**tunnel that houses  
the spinal cord**

**sternum**

**flat bone that makes up  
the breast bone –  
attachment site for ribs**

**flexion**

**reducing the angle  
of a joint**

**extension**

**increasing the angle  
of a joint**

**hyperextension**

**increasing the angle of  
a joint beyond 180  
degrees**

**abduction**

**movement of a limb  
away from the  
midline of the body**

**adduction**

**movement of a limb  
toward the midline  
of the body**

**circumduction**

**moving a limb in a  
looping fashion**

**diaphysis**

**the shaft of a long  
bone**

**epiphysis**

**the end of a long  
bone**

**bone marrow**

**soft connective tissue  
that fills the cavities of  
bones**

**compact bone**

**solid bone –  
osteocytes packed  
close together**

**spongy bone**

**not really “spongy”  
or soft -resembles a  
network of rods or  
struts**

**remodeling**

**continuous recycling  
and renewal of bone**

**arthritis**

**inflammation of a  
joint – can be  
degenerative as well**

**bursitis**

**inflammation of a  
bursa – causes pain  
during movement**

**carpal tunnel  
syndrome**

**inflammation of the  
tendons in the anterior  
wrist area**



**herniated disc**

**compression of a  
vertebral disc that  
causes disc to rupture**

**luxation**

**a dislocation – the  
rupture of a joint**

**orthopedics**

**a branch of medicine  
focusing on bones,  
joints, tendons,  
ligaments, and muscles**

**rheumatism**

**a general term for  
pain & stiffness in the  
skeletal system**

**scoliosis**

**an abnormal lateral  
curvature of the  
spine**

**sprain**

**the stretching of a  
ligament – can range  
from mild to severe**

**articulation**

**where two bones  
meet – a joint**

**synarthrosis**

**an immovable joint**

**amphiarthrosis**

**a slightly movable joint**

**diarthrosis**

**a freely movable  
joint**

**joint capsule**

**fibrous surrounding  
of a joint**

**synovial fluid**

**fluid inside a joint that  
provides lubrication to  
reduce friction**

**ligament**

**connective tissue  
attaching bone to  
bone**

**bursa**

**tissue containing  
synovial fluid to  
reduce friction and  
absorb shock**