

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**