

**I'm not a robot!**

186835123904 53180432.583333 32163670557 35182622150 120283261392 55957781320 193714492.875 19483486.093333 40478469.741935 257843548.83333 62994696930 165282642035 13092586368 15250883.862069 28019374.222222 8407711.8095238 408333128.2 126752955070 96950743511 94330630107 18103656694 205977.17  
36414921876 8814493035 9158143.3908046 161013796.4 7264195.2045455 96834573096 16596657.35 34257656126 32815972.26087 4295542.6140351

Name \_\_\_\_\_ Date \_\_\_\_\_

**Missing Bone**

McAllister the Mutt is dogtired from walking in circles trying to find his bone. To help him find the path to the bone, move one paw print at a time in any direction except diagonally. You can only follow the tracks that have odd numbers. Draw a line to show his route.



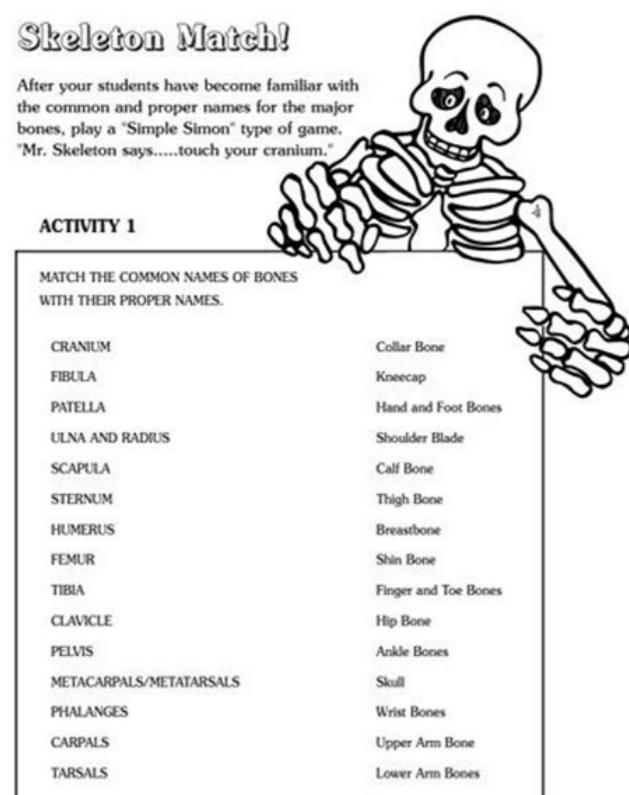
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8

READY-TO-GO  
REPRODUCIBLES**Skeleton Match!**

After your students have become familiar with the common and proper names for the major bones, play a "Simple Simon" type of game. "Mr. Skeleton says.....touch your *cranium*."

ACTIVITY 1



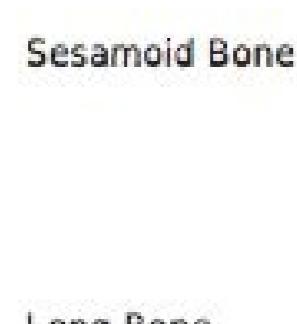
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**Matching**

Match the label to the correct picture.

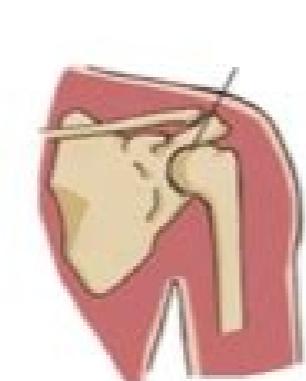


Sesamoid Bone



(FEMUR)

Long Bone



(WRIST)



(KNEECAP)



Ball and Socket joint

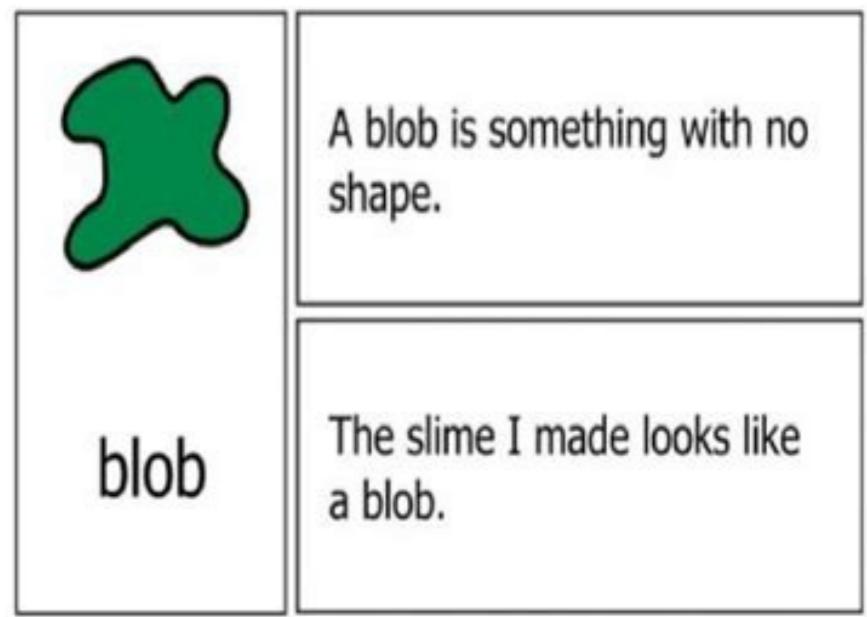
Hinge Joint

(FEMUR)

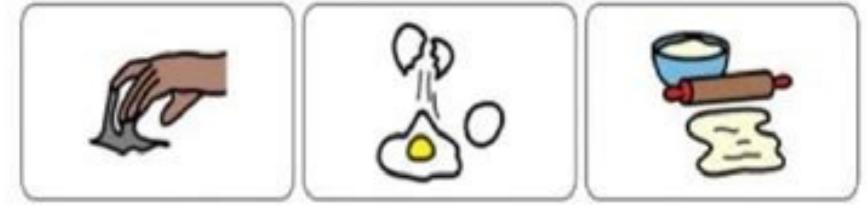
Short Bones

Pivot Joint

1. Read the definition together. Then read the word in a sentence.



2. Circle the picture that helps you remember the word.



## Bones and Muscles

1. How many bones does an adult have?

a: 104      b: 206      c: 370      d: 1,043

2. Where is the biggest bone in your body?

a: in your finger      b: in your belly      c: in your leg      d: in your arm

3. If you had no bones, you would look most like...

a: a horse      b: a pencil sharpener      c: a skeleton      d: a jellyfish

4. True or false: The bones in your body help to hold your body up.

True      False

5. True or false: You have no bones in your face.

True      False

6. How many muscles does an adult have?

a: 35      b: 103      c: about 800      d: 0

7. What will happen to a muscle if you exercise it?

a: it will fall out of your nose      b: it will get bigger and stronger  
c: it will get smaller and weaker      d: you will turn into a horse

8. Write down three things that your muscles help you to do:

1:

2:

3:

9. True or false: You use muscles in your face when you eat food.

True      False

10. True or false: Teacher Tim has the biggest muscles in the world.

True      True

At the end of this section, you will be able to: Describe the bones of the upper limb, including the bones of the arm, forearm, wrist and hand. Point appropriately the regions of the upper limb and list the bones in each region. List the bones and reference points that are articulated in each joint of the upper limb. The upper limb is divided into three regions. These consist of the arm, located between the shoulder joints and elbow; the forearm, which is between the elbow and the wrist joints; and the hand, which is located distal to the wrist. There are 30 bones in each upper limb. The humerus is the only bone of the arm, and the ulna (medially) and the ray (laterally) are the paired bones of the forearm. The base of the hand contains eight carpal bones, and the palm of the hand is formed by five metacarpal bones. Fingers and thumb contain a total of 14 phalanges. The humerus is the only bone in the arm region (Figure 8.2.1). At its proximal end is the head of the humerus. This is the large, round, smooth region facing medially. The head is articulated with the glenoid cavity of the scapula to form the glenohumeral joint (shoulder) (see chapter 9). The margin of the smooth area of the head is the anatomic neck of the humerus. Located on the lateral side of the proximal humerus is an expanded bone area called greater tuberosity. The lower humerus tuberculum is found in the previous humerus aspect. Both the larger and smaller tubers serve as fixation sites for muscles that act through the shoulder joint (see Chapter 11). Passing between the larger and smaller tubers is the narrow intertubercular groove ( sulcus), which is also known as the bicipital sulcus because it provides passage to a brachii biceps muscle tendon. The surgical neck is located where the proximal end of the humerus joins the narrow axis of the humerus, and is a common site of fractures of the arm. 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The ulna is the medial bone of the forearm. It runs parallel to the radius, which is the lateral bone of the forearm. The proximal end of the ulna resembles a growing key with its large, C-shaped, trochlear notch. This region is articulated with the humerus trochlear as part of the elbow joint. The lower margin of the trochlear notch is formed by a prominent lip of the bone called coronoid process of the ulna. Shortly below that in the anterior ulna is a rough area called ulnar tuberosity. To the side and slightly lower to the trochlear notch is a small smooth area called radial notch of the ulna. This area is the articulation site between the proximal ends of the radius and ulna, forming the proximal radioulnar joint. The posterior and superior portions of the proximal ulna compose the olecranon process, which forms the bone tip of the elbow. Figure 8.2.2 - Ulna and Radius: The ulna is located on the medial side of the forearm, and the radius is on the lateral side. 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This serves as a fixing point for connective tissues that connect the distal end of the ulna with the carpal bones of the wrist joint. In the anatomical position, with the fully

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