**Terms to Know**

**PART I: BONE TISSUE AND SKELETAL STRUCTURE**

Osseous tissue

Compact (dense) bone

Spongy (cancellous) bone

Trabeculae

Diaphysis

Epiphysis

Metaphysis

Marrow cavity

Periosteum

Endosteum

Bone marrow

* Yellow bone marrow
* Red bone marrow

Osteocytes

Lamellae

Canaliculi

Osteoblasts

* Ostegenesis
* Osteoprogentor (stem) cells

Osteoclasts

* Osteolysis

Osteon

Central canal

Ossification

* Intramembranous
* Endochondral

Appositional growth

Remodeling

Parathyroid hormone

Calcitonin

Vitamin D3 (cholecalciferol)

Calcitriol

Fracture

Callus

Osteopenia/osteoporosis

**PART II: AXIAL SKELETON (no cards)**

Cranial bones

* Occipital
* Foramen magnum
* Occipital condyles
* Parietal (2)
* Frontal
* Frontal sinus
* Supraorbital foramen
* Temporal (2)
* Zygomatic arch
* Sphenoid
* Ethmoid

Facial bones

* Maxillary (2)
* Hard palate
* Infraorbital foramen
* Palatine (2)
* Nasal (2)
* Vomer
* Inferior Nasal Conchae (2)
* Zygomatic (2)
* Zygomatic arch
* Lacrimal (2)
* Mandible
* Mental foramen

Sutures and fontanels (fontanels are fetal/infant

only)

* Saggital suture
* Coronal (anterior) suture
* Lambdoidal (posterior) suture
* Squamous suture
* Anterior fontanel
* Mastoid fontanel
* Posterior fontanel
* Sphenoidal fontanel

Hyoid bone

Spine/Spinal column

* Vertebral body
* Vertebral foramen
* Spinous process
* Transverse process
* Cervical vertebrae
  + C1 (the Atlas)
  + C2 (the Axis)
  + C3-C7
  + Transverse foramen
  + Dens (of Axis)
* Thoracic vertebrae
  + T1-T12
* Lumbar vertebrae
* L1-L5
* Sacrum
* Sacral foramina
* Apex/base
* Coccyx

Thoracic cage (ribcage)

* True vertebrosternal ribs (1-7)
* False vertebrochondral ribs (8-10)
* False floating ribs (11-12)
* Sternum
* Manubrium
* Body
* Xiphoid process
* Costal cartilages
* Intercostal spaces

PART III: APPENDICULAR SKELETON

Pectoral girdle

* Clavicle
* Sternal end
* Acromial end
* Scapula
  + Acromion
  + Coracoid process
  + Glenoid cavity
  + Body
  + Superior border
  + Lateral border
  + Medial border
  + Superior angle
  + Lateral angle
  + Inferior angle

Humerus

* Head
* Condyle
  + Capitulum
  + Trochlea

Radius

Ulna

* Olecranon
* Coranoid process

Carpals

* Trapezium
* Trapezoid
* Capitate
* Hamate
* Scaphoid
* Lunate
* Triquetrum
* Pisiform

Metacarpals (I-IV)

Phalanges

* Distal, middle, proximal
* Pollex

Pelvic girdle

Ossa coxae (coxal bones)

* Ilium
* Ischium
* Pubis
* Pubic symphysis
* Acetabulum
* Obturator foramen
* Iliac crest
* Iliac fossa

Pelvis

Femur

* Femoral head
* Neck
* Greater trochanter
* Medial condyle
* Lateral condyle

Patella

Tibia

* Lateral condyle
* Medial condyle
* Medial malleolus
* Tibial tuberosity

Fibula

* Head
* Lateral malleolus

Tarsals

* Talus
* Calcaneus
* Navicular
* Cuboid
* Lateral cuneiform
* Intermediate cuneiform
* Medial cuneiform

Metatarsals (I-IV)

Phalanges

* Distal, middle, proximal
* Hallux