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| **Skeletal System** |
| **Functions of the skeleton** |
| **Remember the acronym:****S**cary **S**keletons **M**ake **M**any **P**eople **P**etrified |
| **Function** | **Description** |
| **Support** | Bones keep us upright and support muscles and organs. |
| **Shape** | **Skeleton gives us our height and build.** |
| **Mineral Storage** | Bones store minerals such as calcium and phosphorus. |
| **Movement** | Muscles attach to and pull on bones to produce movement. Bones act as levers. |
| **Protection** | Bones protect vital organs – eg Cranium protects brain, ribs protect heart and lungs. |
| **Production of red blood cells** | Inner marrow of bones produces red and white blood cells. Red cells carry oxygen, white cells fight infections. |



**The Skeletal System**

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| **Joint Actions** |
| **Flexion** | **Decreasing the angle at a joint (bending)** |
| **Extension** | **Increasing the angle at a joint (straightening)** |
| **Abduction** | **Taking a limb away from the body (abduct)** |
| **Adduction** | **Bringing a limb back towards the body (Add)** |
| **Rotation** | **Turning a limb along its axis (circular)** |
| **Plantar flexion** | **Pointing toes (P for Point)** |
| **Dorsiflexion** | **Toes towards knee** |

**Hinge joint** – allows flexion and extension. E.g. knee and ankle joints.

Hinge Joint – allows flexion and extension. E.g. Elbow and knee joints.

**Ball & socket joint** – allows rotation, abduction and adduction, flexion and extension. E.g. shoulder and hip joints.





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| **Joint terms** |
| **Key term** | **Description** |
| **Joint** | Place where 2 or more bones meet. |
| **Synovial joint** | Type of joint. Contains synovial fluid. |
| **Cartilage** | Covers ends of bones. Reduces friction. |
| **Synovial fluid** | Lubricates the joint. |
| **Capsule** | Tough tissue surrounding joints. |
| **Ligaments** | Connects bone to bone. (**L for Link**) |
| **Tendons** | Connects bone to muscle. **Remember MR T and his muscles! (T for tendon)** |
| **Dislocation** | When bones at a joint separate from their normal position. |
| **Bursae** | Fluid filled bag that helps reduce friction. |





**Remember MR T and his muscles! (T for tendon)**