Third Grade Skeletal System Study Guide

How many bones are in the human body? 206

Our bones have many jobs. They - help hold you up
- your body it’s shape
- protect your organs
- help you move

There are 4 major types of bone shapes.
- Long (leg bones, arm bones, fingers, toes)
- Short (wrist and ankle bones, patella)
- Flat (ribs, skull, pelvis)
- Irregular (vertebrae (spine), bones of the face)

Joints are where two bones come together. Some types of joints are:
- Ball and socket – Shoulders and hips. Can move in many directions
- Hinge - Elbows, knees, fingers and toes. Allows the bones to move back and forth.
- Pivot - Neck. Allows the head to turn side to side without turning the whole body.
- Fixed - Skull. Locked together, do not allow movement

Cartilage is a tough, flexible tissue at the end of the bones that keeps the bones from grinding together.

Ligaments connect bones to bones.
Tendons connect muscle to bones.

Bones are made of: -Solid bone (hard outer covering)
- Spongy bone (many holes that make the bones lightweight)
- Red marrow (makes red blood cells)
- Yellow marrow (stores fat)
- Cartilage (keeps bones from grinding together)
A broken bone is called a **fracture**.

**X-rays** are used to see broken bones.
A **cast or splint** helps a broken bone heal.
When a bone gets out of place, it is called a **dislocation**.
A **sprain** is an injury in a ligament (usually near a joint).
A **strain** is an injury in the soft tissue in the muscles or tendons.

How to keep your bones strong and healthy:

**Exercise**
Foods that contain **calcium** help make bones strong.
Remember “**Posture Perfect**” when sitting, standing and moving.
Use proper **sports equipment** to protect your bones.

How to treat an injury to your bones, tendons or ligaments:
Remember **R I C E**

- **R** means **rest**, do not move the injured area
- **I** means **ice**, ice will help reduce swelling
- **C** means **compression**, press the ice over the area.
- **E** means **elevate**. Raise the injured part above the heart

Some **diseases** of the skeletal system are:

- **Osteoporosis** – bone tissue become brittle
- **Arthritis** –Swelling in the joints
- **Scoliosis** – curving of the spine
- **Lyme disease** – caused by the bite of a deer tick. Can affect the joints.