**Skeletal system**

Made of: Bones, cartilage, connective tissue that holds bone together

Average adult has 206 bones

Bones

* work with muscles so that you can move
* help to maintain homeostasis by storing minerals and making blood cells
* provide protection

1 – heart and lungs protected by ribs

2 – spinal cord protected by vertebrae

3 – brain protected by skull

2 kinds of bone tissue

Compact bone is rigid and dense with tiny canals that contain small blood vessels

Spongy bone has many open spaces and provides most of the strength and support for a bone

Bones contain soft tissue called marrow

Red marrow produces red and white blood cells

Yellow marrow, found in the central cavity of long bones, stores fat

Most bones start out as flexible tissue called cartilage. As you grow, most of the cartilage is replaced by bone. Cartilage is never replaced by bone at the tip of your nose or at the tops of your ears.

Joints

Gliding joint = allows bones to glide over one another and gives some flexibility to the area

Ex: Wrists, ankles

Ball and socket joint = allows limbs to move freely in all directions

Ex: Shoulders, hips

Hinge joint = allows flexing and extending of limbs

Ex: Elbows, knees

Pivot joint = allows head to turn back and forth on the spinal column