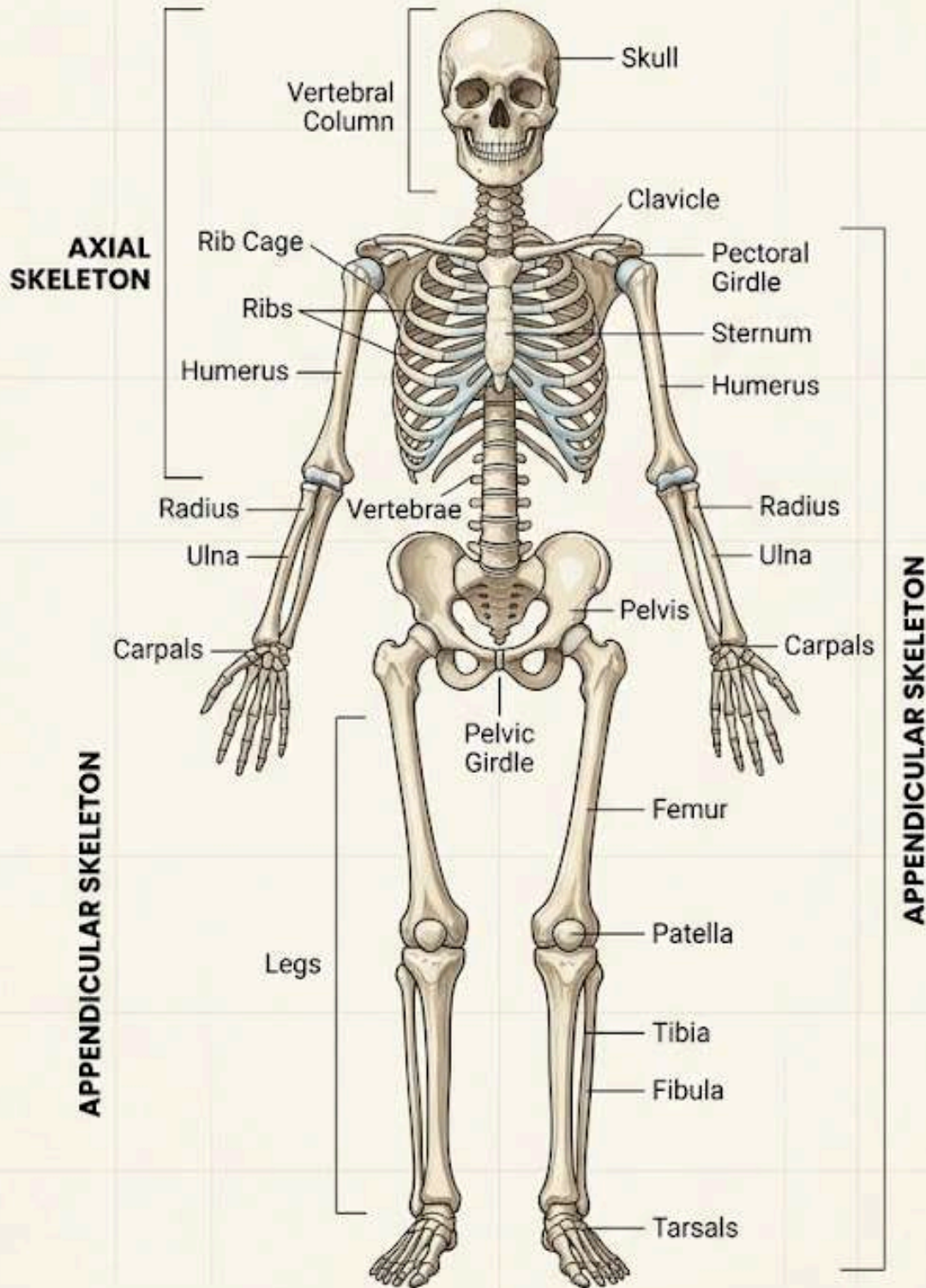


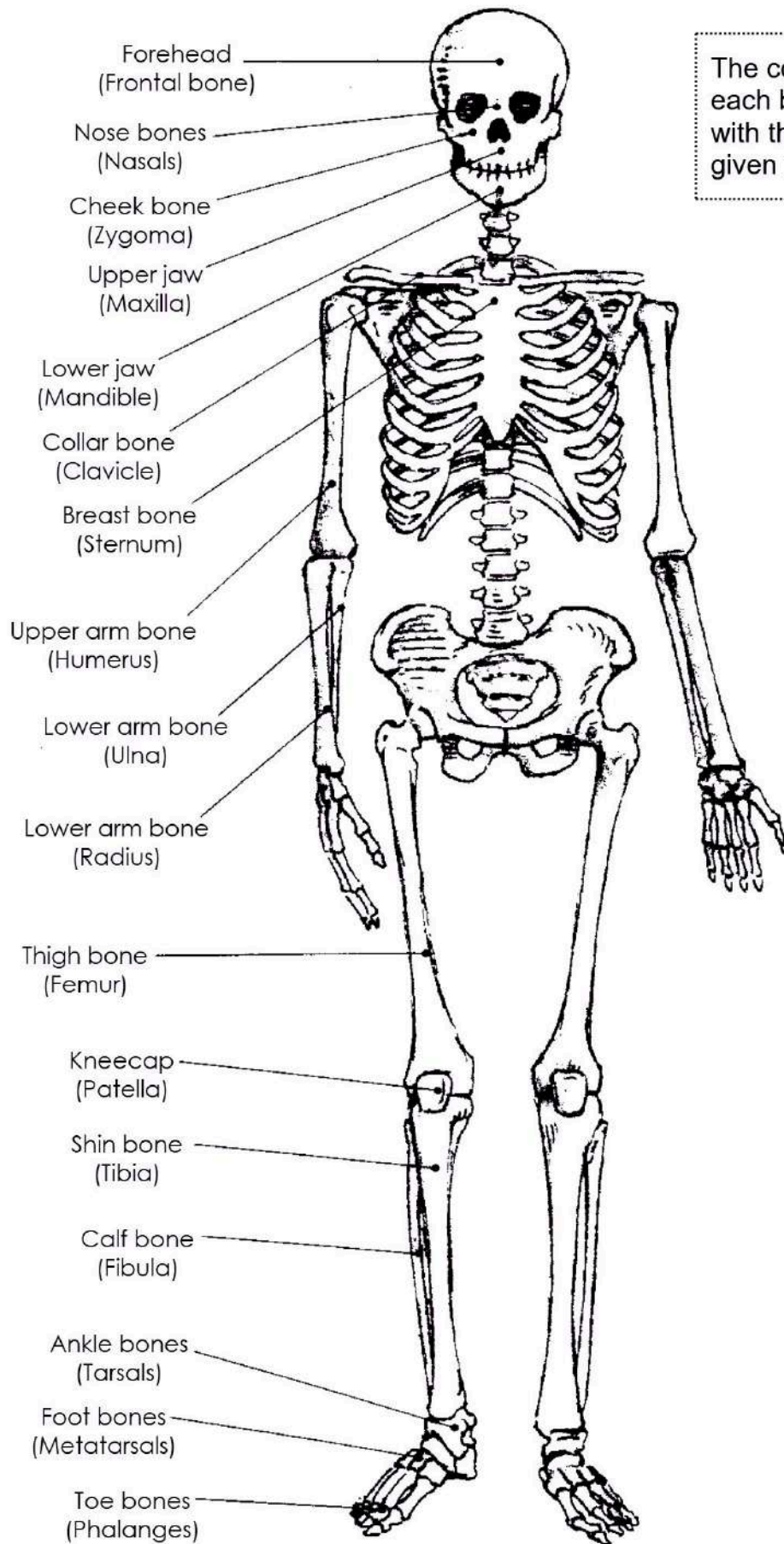
HUMAN SKELETON

206 BONES LIST

AN ANATOMICAL GUIDE TO ALL BONES IN THE HUMAN BODY



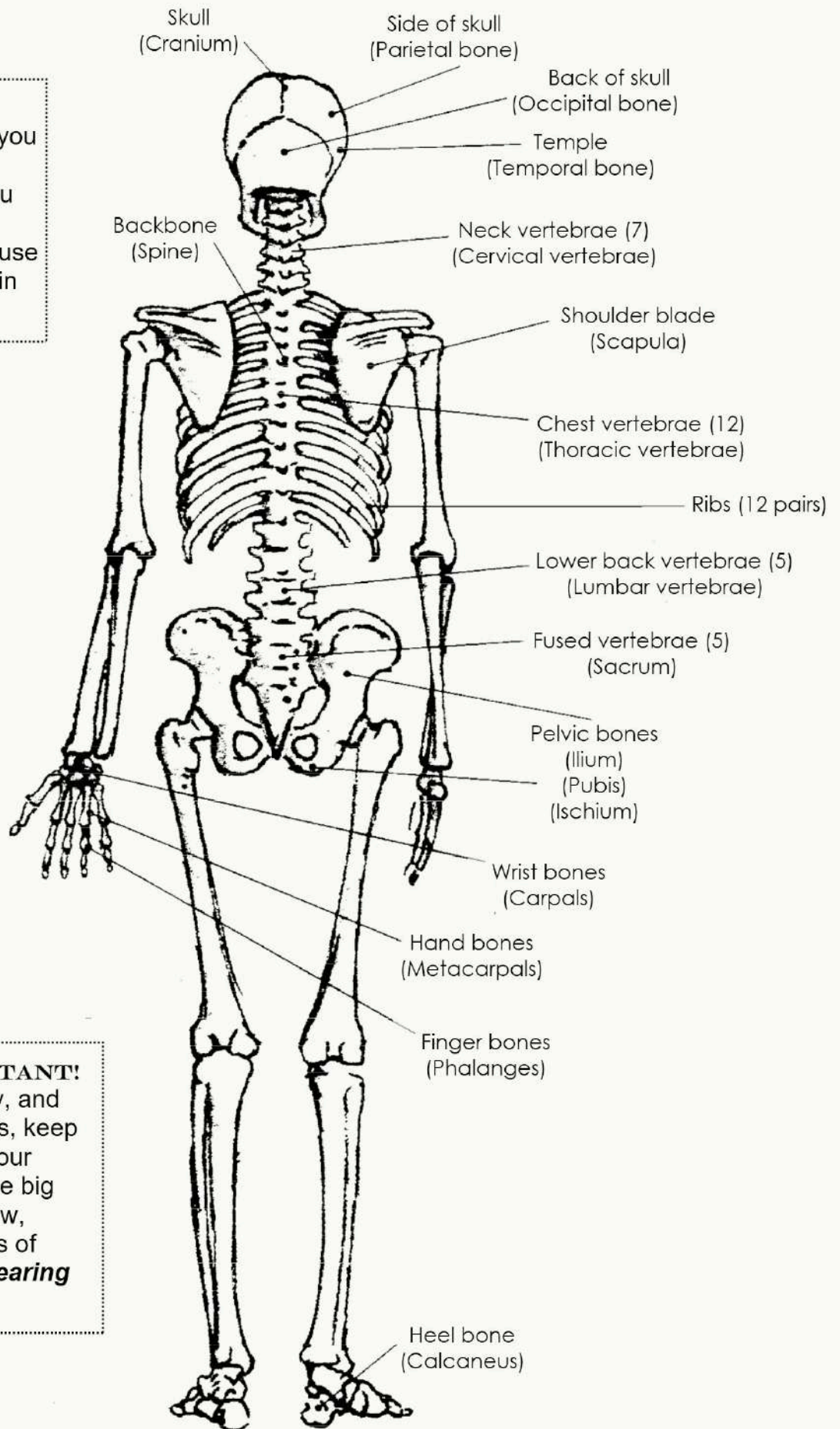
BONE DIAGRAM



The common name of each bone is listed first, with the scientific name given in parenthesis.

DID YOU KNOW?

When you are a baby you have more than 300 bones. By the time you are an adult you only have 206 bones, because some of your bones join together as you grow!



BONES ARE IMPORTANT!

They hold up your body, and along with your muscles, keep you moving. Without your bones, you'd just be one big blob! To be able to grow, strong bones need lots of **calcium** and **weight-bearing physical activity**.

Human Skeleton – 206 Bones List

1. Skull Bones (22 Bones)

No.	Bone Name
1	Frontal Bone
2	Parietal Bone (Left)
3	Parietal Bone (Right)
4	Temporal Bone (Left)
5	Temporal Bone (Right)
6	Occipital Bone
7	Sphenoid Bone
8	Ethmoid Bone
9	Nasal Bone (Left)
10	Nasal Bone (Right)
11	Maxilla (Left)
12	Maxilla (Right)
13	Zygomatic Bone (Left)
14	Zygomatic Bone (Right)
15	Palatine Bone (Left)
16	Palatine Bone (Right)
17	Lacrimal Bone (Left)
18	Lacrimal Bone (Right)
19	Inferior Nasal Concha (Left)
20	Inferior Nasal Concha (Right)
21	Vomer
22	Mandible

2. Ear Bones (6 Bones)

No.	Bone Name
23	Malleus (Left)
24	Malleus (Right)
25	Incus (Left)
26	Incus (Right)
27	Stapes (Left)
28	Stapes (Right)

3. Hyoid Bone (1 Bone)

No.	Bone Name
29	Bone Name

4. Vertebral Column (26 Bones)

No.	Bone Name
30-36	Cervical Vertebrae (7)
37-48	Thoracic Vertebrae (12)
49-53	Lumbar Vertebrae (5)
54	Sacrum
55	Coccyx

5. Thoracic Cage (25 Bones)

No.	Bone Name
56-79	Ribs (24)
80	Sternum

6. Upper Limb Bones (64 Bones)

No.	Bone Name
81	Clavicle (Left)
82	Clavicle (Right)
83	Scapula (Left)
84	Scapula (Right)

Arms

No.	Bone Name
85	Humerus (Left)
86	Humerus (Right)
87	Radius (Left)
88	Radius (Right)
89	Ulna (Left)
90	Ulna (Right)

Wrist (Carpals – 16)

No.	Bone Name
91–98	Carpals (Left Hand – 8)
99–106	Carpals (Right Hand – 8)

Hand (Metacarpals – 10)

No.	Bone Name
107–111	Metacarpals (Left – 5)
112–116	Metacarpals (Right – 5)

Fingers (Phalanges – 28)

No.	Bone Name
117–130	Phalanges (Left – 14)
131–144	Phalanges (Right – 14)

7. Lower Limb Bones (62 Bones)

No.	Bone Name
145	Hip Bone (Left)
146	Hip Bone (Right)

Legs

No.	Bone Name
147	Femur (Left)
148	Femur (Right)
149	Patella (Left)
150	Patella (Right)
151	Tibia (Left)
152	Tibia (Right)
153	Fibula (Left)
154	Fibula (Right)

Ankle (Tarsals – 14)

No.	Bone Name
155-161	Tarsals (Left – 7)
162-168	Tarsals (Right – 7)

Foot (Metatarsals – 10)

No.	Bone Name
169–173	Metatarsals (Left – 5)
174–178	Metatarsals (Right – 5)

Toes (Phalanges – 28)

No.	Bone Name
179–192	Phalanges (Left – 14)
193–206	Phalanges (Right – 14)