Review Sheet for Exam One

Format: Lab (identification) and Written (Identification - lig. & joints, Multiple choice, Matching or True/False, Short Answer)

Terminology

Anatomical terminology: anatomical position, planes and axes
Directional & movement terminology
Terminology of various features:
  articulating surface, non-articulating surface, depression and opening, and others.
Movements in different planes and about different axes of motion

Introduction to Bone Tissue and Skeletal System

Bone as a connective tissue
  Functions and Types of bone, Structures of a long bone, Bone cells, Compact & spongy bones, Haversian system
Axial vs appendicular skeleton
  numbers of bones, what are included in each skeleton?
Ossification: Stages of Endochondral Ossification, Structure of Growth Plate

Bones, Joint Structures and Movements in Vertebral Column and Thoracic Cage

Vertebral Column: common and unique features
  Curves: primary & secondary curvatures, normal & abnormal curvatures
  Cervical(7), thoracic(12), and lumbar (5) vertebrae, Sacrum and coccyx
Joint structures, types and movements
  Joint of vertebral bodies, facet joint, atlantoaxial joint
  Ligaments - Anterior & posterior longitudinal vertebral, Intertransverse, Interspinous, Supraspinous, Ligamentum flavum, ligamentum nuchae
  Movements in vertebral column, limiting factors
Thorax
  Ribs (12 pairs), Sternum (1), Apertures,
Joint structures, types and movements
  Sternocostal, costovertebral, costotransverse,
  Ligaments - Costotransverse, Costovertebral radiate, Radiate sternocostal

Joint Classification

Types of Joints (should be able to give at least 2 examples in each class)
  By structure - Fibrous Joints, Cartilaginous Joints, Synovial Joints
  By Function - Synarthrodial Joints, Amphiarthrodial Joints, Synovial/Diarthrodial Joint
Synovial Joint - the most movable joint, diarthrodial joint (2 examples)
  General Structure - Articular Cartilage, Joint Cavity, Joint Capsule, Synovial Fluid, bursae, meniscus (fibrous cartilage disc), Ligaments, Nerves & Vessels
Types of Synovial / Diarthrodial Joints: (able to give at least 2 examples for each type)
  Ball & Socket (Enarthrodial), Gliding (Arthrodial), Ellipsoidal (Condyloidal), Hinge (Ginglymoidal), Saddle (Seller), Pivot (Trochoidal)

Bones of Upper Extremity

Bones and their landmarks
  Clavicle (2), Scapula (2), Humerus (1), Radius (1), Ulna (1), Carpals (8), Metacarpals (5), Phalanges (14)