

THE BODY MOVEABLE

SUPPLEMENTARY MATERIAL FOR

VOLUME 1

THE TRUNK AND HEAD

- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX

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THE BODY MOVEABLE

SUPPLEMENTARY MATERIAL FOR

VOLUME 2 THE UPPER LIMB

- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX
- LIST OF HUMAN BONES

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BONES OF THE HUMAN BODY

Adapted from the Wikipedia article:
"List of bones of the human skeleton"

A typical adult human skeleton consists of 208 bones, not counting many small and often variable sesamoid bones and ossicles. Individuals may have more or fewer bones than this owing to anatomical variations. The most common variations include having additional (that is, supernumerary) cervical ribs or lumbar vertebra. Sesamoid bone counts also may vary among individuals. This figure of 208 bones must be noted to have some peculiarities in its method of counting. As noted below, the craniofacial bones are counted separately despite the synostoses, which occur naturally in the skull. Some reliable sesamoid bones (for instance, pisiform) are counted, while others (for example, the great toe sesamoid bones) are not. The count of bones also changes with age since many bones fuse together (for instance, the three bones of the sternum).

BONES OF AN ADULT:

CRANIAL (8)

- frontal bone
- parietal bone (2)
- temporal bone (2)
- occipital bone
- sphenoid bone
- ethmoid bone

FACIAL BONES (14):

- mandible
- maxilla (2)
- palatine bone (2)
- zygomatic bone (2)
- nasal bone (2)
- lacrimal bone (2)
- inferior nasal concha (2)
- vomer

MIDDLE EAR BONES (6):

- malleus (2)
- incus (2)
- stapes (2)

IN THE THROAT (1):

- hyoid bone

SHOULDER GIRDLE (4):

- scapula or shoulder blade (2)
- clavicle or collarbone (2)

IN THE THORAX (27):

- ribs (2 x 12)
- sternum or breastbone, comprising:
 - manubrium (1),
 - body of sternum (gladiolus) (1),
 - xiphoid process (1)

VERTEBRAL COLUMN (24):

- cervical vertebrae (7)
- thoracic vertebrae (12)
- lumbar vertebrae (5)

Upper arms (2):

- humerus (2)

FOREARMS (4):

- radius (2)
- ulna (2)

HANDS (EXCLUDING SESAMOID BONES) (54):

- carpal (wrist) bones:
 - scaphoid bone (2)
 - lunate bone (2)
 - triquetrum bone (2)
 - pisiform bone (2)
 - trapezium (2)
 - trapezoid bone (2)
 - capitate bone (2)
 - hamate bone (2)

METACARPUS (PALM) BONES:

- metacarpal bones (5 x 2 hands)

DIGITS OF THE HANDS (FINGER BONES OR PHALANGES):

- proximal phalanges (5 x 2 hands)
- intermediate phalanges (4 x 2 hands)
- distal phalanges (5 x 2 hands)

PELVIS (4):

- sacrum [1]
- coccyx or tailbone [1]
- os coxae or hipbone, comprising:
 - fused ilium, ischium, and pubis (2)

UPPER LEGS (THIGHS) (2):

- femur (2)

LOWER LEGS (6):

- patella (2)
- tibia (2)
- fibula (2)

FEET (EXCLUDING SESAMOID BONES) (52):

- tarsal (ankle) bones:
 - calcaneus or heel bone (2)
 - talus (2)
 - navicular bone (2)
 - medial cuneiform bone (2)
 - intermediate cuneiform bone (2)
 - lateral cuneiform bone (2)
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- metatarsal bone (5 x 2 feet)

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THE BODY MOVEABLE

SUPPLEMENTARY MATERIAL FOR

VOLUME 3

THE LOWER LIMB

- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX
- LIST OF HUMAN MUSCLES

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MUSCLES OF THE HUMAN BODY Listed alphabetically”

A typical adult human has about 640 muscles, most paired on the left and right sides of the body. There is some variability between individuals (for example palmaris longus and the transverse tongue muscles may or may not be present). Also the exact number of muscles varies depending on how one counts muscles as they join or split from their various origins or insertions.

abductor digiti minimi (<i>foot</i>)	flexor digiti minimi brevis (<i>hand</i>)	lumbricals (<i>hand</i>) (4)	scalenus medius
abductor digiti minimi (<i>hand</i>)	flexor digitorum brevis	masseter	scalenus minimus
abductor hallucis	flexor digitorum longus (<i>foot</i>)	medial pterygoid	scalenus posterior
abductor ossis metatarsi digiti quinti (<i>occasional slip of abductor digiti minimi</i>)	flexor digitorum profundus	medial rectus	semimembranosus
abductor pollicis brevis	flexor digitorum superficialis	mentalis	semitendinosus
abductor pollicis longus	flexor hallucis brevis	musculus uvulae	serratus anterior
adductor brevis	flexor hallucis longus	mylohyoid	serratus posterior inferior
adductor hallucis	flexor pollicis brevis	nasalis	serratus posterior superior
adductor longus	flexor pollicis longus	oblique arytenoid	soleus
adductor magnus	frontalis	obliquus capitis inferior	sphincter ani
adductor pollicis	gastrocnemius	obliquus capitis superior	sphincter urethrae
anconeus	gemellus inferior	obturator externus	splenius capitis
articularis cubiti	gemellus superior	obturator internus	splenius cervicis
articularis genu	genioglossus	occipitofrontalis (<i>occipitalis</i>)	stapedius
aryepiglotticus	geniohyoid	omohyoid	sternocleidomastoid
auricularis	gluteus maximus	opponens digiti minimi (<i>hand</i>)	sternohyoid
biceps brachii	gluteus medius	opponens pollicis	sternothyroid
biceps femoris	gluteus minimus	orbicularis oculi	styloglossus
brachialis	gracilis	orbicularis oris	stylohyoid
brachioradialis	hyoglossus	palatoglossus	stylopharyngeus
buccinator	iliacus	palatopharyngeus	subclavius
bulbospongiosus	inferior oblique	palmaris brevis	subcostalis
constrictor of pharynx - inferior	inferior rectus	palmaris longus	subscapularis
constrictor of pharynx - middle	infraspinatus	pectineus	superficial transverse perineal
constrictor of pharynx - superior	intercostals external	pectoralis major	superior oblique
coracobrachialis	intercostals innermost	pectoralis minor	superior rectus
corrugator supercilii	intercostals internal	peroneus brevis	supinator
cremaster	internal oblique abdominis	peroneus longus	supraspinatus
cricothyroid	interossei - dorsal (<i>hand</i>)	peroneus tertius	temporalis
dartos	interossei - dorsal (<i>foot</i>)	piriformis	temporoparietalis
deep transverse perineal	interossei - palmar (<i>hand</i>)	plantaris	tensor fasciae latae
deltoid	interossei - plantar (<i>foot</i>)	platysma	tensor tympani
depressor anguli oris	interspinales	popliteus	tensor veli palatini
depressor labii inferioris	intertransversarii	posterior cricoarytenoid	teres major
diaphragm	intrinsic muscles of tongue	procerus	teres minor
diaphragm	ischiocavernosus	pronator quadratus	thyro-arytenoid (<i>with vocalis</i>)
erector spinae - spinalis	lateral cricoarytenoid	pronator teres	thyro-epiglotticus
erector spinae - iliocostalis	lateral pterygoid	psoas major	thyrohyoid
erector spinae - longissimus	lateral rectus	psoas minor	tibialis anterior
extensor carpi radialis brevis	latissimus dorsi	pyramidalis	tibialis posterior
extensor carpi radialis longus	levator anguli oris	quadratus femoris	transverse arytenoid
extensor carpi ulnaris	levator ani - coccygeus	quadratus lumborum	transversospinalis - multifidus
extensor digiti minimi (<i>hand</i>)	levator ani - iliococcygeus	quadratus plantae (<i>also called flexor digitorum accessorius</i>)	transversospinalis - rotatores
extensor digitorum (<i>hand</i>)	levator ani - pubococcygeus	rectus abdominis	transversospinalis - semispinalis
extensor digitorum brevis (<i>foot</i>)	levator ani - puborectalis	rectus capitis anterior	transversus abdominis
extensor digitorum longus (<i>foot</i>)	levator ani - pubovaginalis	rectus capitis lateralis	transversus thoracis
extensor hallucis longus	levator labii superioris	rectus capitis posterior major	trapezius
extensor indicis	levator labii superioris alaeque nasi	rectus capitis posterior minor	triceps
extensor pollicis brevis	levator palpebrae superioris	rectus femoris	vastus intermedius
extensor pollicis longus	levator scapulae	rhomboid major	vastus lateralis
external oblique abdominis	levator veli palatini	rhomboid minor	vastus medialis
flexor carpi radialis	levatores costarum	risorius	vocalis (<i>medial part of the thyro-arytenoid</i>)
flexor carpi ulnaris	longus capitis	salpingopharyngeus	zygomaticus major
flexor digiti minimi brevis (<i>foot</i>)	longus colli	sartorius	zygomaticus minor
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