

# THE BODY MOVEABLE

## SUPPLEMENTARY MATERIAL FOR

### VOLUME 1

## THE TRUNK AND HEAD

- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX

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published June 2014 by



Toronto, Canada — [www.learningmethods.com](http://www.learningmethods.com)

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# THE BODY MOVEABLE

## SUPPLEMENTARY MATERIAL FOR

### VOLUME 2

### THE UPPER LIMB

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

This is the version for 8.5" x 11" paper size. A version for A4 paper size is available at:  
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published June 2014 by



Toronto, Canada — [www.learningmethods.com](http://www.learningmethods.com)

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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 vertebrae. 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)
  - cuboid bone (2)

**METATARSUS BONES (10):**

- metatarsal bone (5 x 2 feet)

**DIGITS OF THE FEET (TOE BONES OR PHALANGES) (28):**

- proximal phalanges (5 x 2 feet)
- intermediate phalanges (4 x 2 feet)
- distal phalanges (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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published June 2014 by



Toronto, Canada — [www.learningmethods.com](http://www.learningmethods.com)

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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</i> <i>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
constrictor of pharynx - superior	intercostals external	pectoralis major	perineal
coracobrachialis	intercostals innermost	pectoralis minor	superior oblique
corrugator supercilii	intercostals internal	peroneus brevis	superior rectus
cremaster	internal oblique abdominis	peroneus longus	supinator
cricothyroid	interossei - dorsal ( <i>hand</i> )	peroneus tertius	supraspinatus
dartos	interossei - dorsal ( <i>foot</i> )	piriformis	temporalis
deep transverse perineal	interossei - palmar ( <i>hand</i> )	plantaris	temporoparietalis
deltoid	interossei - plantar ( <i>foot</i> )	platysma	tensor fasciae latae
depressor anguli oris	interspinales	popliteus	tensor tympani
depressor labii inferioris	intertransversarii	posterior cricoarytenoid	tensor veli palatini
diaphragm	intrinsic muscles of tongue	procerus	teres major
diaphragm	ischiocavernosus	pronator quadratus	teres minor
digastric	lateral cricoarytenoid	pronator teres	thyro-arytenoid ( <i>with vocalis</i> )
erector spinae - spinalis	lateral pterygoid	psoas major	thyro-epiglotticus
erector spinae - iliocostalis	lateral rectus	psoas minor	thyrohyoid
erector spinae - longissimus	latissimus dorsi	pyramidalis	tibialis anterior
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extensor carpi radialis longus	levator ani - coccygeus	quadratus lumborum	transverse arytenoid
extensor carpi ulnaris	levator ani - iliococcygeus	quadratus plantae ( <i>also called</i> <i>flexor digitorum accessorius</i> )	transversospinalis - multifidus
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flexor carpi ulnaris	longus colli	sartorius	zygomaticus major
flexor digiti minimi brevis ( <i>foot</i> )	lumbricals ( <i>foot</i> ) (4)	scalenus anterior	zygomaticus minor

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