

SKULL AND VERTEBRAE CONCEPTS

206 bones in adult human (babies are born with 350 separate bones, but many fuse together during childhood)

- 1. Axial skeleton:** Skull, vertebrae, rib cage and sternum, hyoid and inner ear bones
- 2. Appendicular skeleton:** pectoral and pelvic girdles, upper and lower limbs

Nasal Cavity Turbinates include:

- Superior/middle nasal conchae (ethmoid), Inferior nasal conchae bone
- Purpose: Humidify, clean, and warm air

Paranasal sinuses (air cavities within some skull bones, lined with mucous membrane)

- Frontal bone, Sphenoid bone, Ethmoid bone, Maxillary bones all contain sinuses
- Mucus drains into nasal cavity normally (then swallowed)
- thick, copious mucus can slow/block drainage, causing painful pressure

Vertebral Column (26 bones)

curvatures help spine be more flexible than if it were a rigid rod

cervical curvature develops when a baby can hold its head up

thoracic curvature develops when a baby sits up

lumbar curvature develops when a baby starts walking

abnormal curvatures (either genetic or practiced!)

scoliosis—lateral twist

lordosis—over curved lumbar (sticking belly out), happens naturally during pregnancy to balance

kyphosis—over curved thoracic (hunched back), happens as we age