

Interesting Facts About Bones (I think!)

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Transforming patient information into patient understanding.

What is your funny bone?

Your "funny bone" is not a bone at all, but a large nerve, which is named the ulnar nerve. It passes very close behind the arm bone at the inner side of the elbow. The arm bone is called the humerus (not humorous!). The nerve is very superficial as it passes behind a portion of the bone. It is easily irritated when you bump it, causing a sharp tingling or numbness down the arm and into the hand. Ouch!

Where would you be without your bones?

You would be pretty floppy and you couldn't stand or go anyplace! Bones are complex living structures that are the structural support for the muscles and other soft tissues of the body as well as the protection for organs.

What are bones made of?

Bones are a mixture of dense connective tissue filled with minerals that give them strength. They also contain tons of living cells, which help the bones grow and repair themselves when injured. Bones have a great blood supply, which brings them food and oxygen and takes waste away.

What else do bones do?

For one they store calcium. 99% of the calcium in your body is in bones. The interior aspect of bones contains bone marrow, which is the formation site of blood cells.

Bones last forever!

Scientists unearth remains of persons who lived thousands or in some cases millions of years ago (Lucy). The structure and durability of the skeleton is unbelievable! That's why Dermatologists envy Orthopaedic Surgeons (joke!).

How many bones do you have in your entire body?

206

How many bones do newborn babies have?

270. Huh. How come? By the time the baby becomes an adult the number shrinks to 206 because many bones making up the skull and spine fuse together as the body grows and becomes older.

How many bones are in your foot, ankle and toes?

26

How many bones do your wrist, hand and fingers have?

27. The hand wins!

What is the body's longest bone?

The femur or thigh bone. It comprises roughly 25% of a person's overall height.

What is the smallest bone?

The stirrup in the middle ear, which measures 1/10 of one inch.

How many bones are in your face?

14

How many bones are in your neck?

7 The same number in your neck as a giraffe! Giraffe vertebrae are just that much longer.

How many joints in your body?

230 joints

How many muscles do you have?

Over 600 which comprise 40% of the body weight.

I could go on and on, but we're out of space. Hope you enjoyed this Fun with Bones segment.

The Orthopaedic Clinic at Lakeview Community Wellness Center is there for you. It is our continued commitment to LCWC and to all of you.

All Orthopaedic problems can be evaluated at LCWC or at the office in Alma, 315 Warwick Dr., Alma, Michigan. Please call 989-463-6092 to schedule an appointment at either location. Future Lakeview Community Wellness Center dates are January 29, February 5 and February 19, 2010.

Our goal is simple - To help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush