

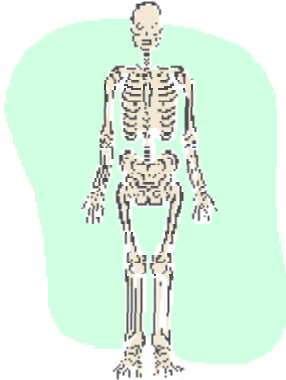


Fun with Bones or Funny Bones



What is your funny bone?

Your funny bone is not a bone at all, but rather a large nerve which is named the ulnar nerve. It passes very closely behind the arm bone at the elbow, which is called the humerus (not humorous!). Because it is superficial as it passes behind the bone, it is easily irritated when you bump it, causing a sharp tingling or numbness in the forearm and the hand.



**There are 206 bones in the human body.
The body has over 600 muscles which comprise 40% of the body weight.**



There are 230 joints in the body.



How many bones are in your face?



14



The human hand has 27 bones.



What is the longest bone in your body?

Your thigh bone or femur, which is one fourth of your height.



What is the smallest bone in your body?

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



How many bones are present in your neck?

You have the same number of vertebrae in your neck as a giraffe: seven. Giraffe vertebrae are just that much longer!

How do muscles work?

Muscles must be attached to bones. When they contract, the bones to which they are attached act as levers and cause various body parts to move.

Joints are pretty amazing because they provide the flexible connections between bones. You might like to know that there are many different kinds of joints. One of the largest joints in your body is the knee joint, which is very complex. The knee joint not only works like a door hinge, but also rotates or pivots, allowing for a very complex motion to occur in walking and running. The joints in your neck enable bones to pivot so you can turn your head forward and backward and side to side. You cannot move your head as much as a bird can!

The shoulder is amazingly mobile compared with the hip joint or the knee joint and allows you to move your arm in a 360 degree circle, almost like a shower head.

What are bones made of?

Bones are made of a mixture of very hard material that gives them strength and tons of living cells which help the bones grow and repair themselves when injured. Bones in general, have a good blood supply which brings them food and oxygen and takes away waste.



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