

Name: _____

Date: _____

Chapter 4 Lab Investigation: Know Your Bones

Purpose

In this activity, you will identify bones on your skeleton. You will also identify which bones are part of the axial skeleton and which are part of the appendicular skeleton.

Materials

your textbook, your body

Procedure

For each bone, you identify below, make sure you know whether the bone is part of the axial or appendicular skeleton.

1. Find and feel the phalanges of your hand.
 - A. How many phalanges do you count on each finger (not the thumb)? _____
 - B. How many phalanges do you count on each thumb? _____
2. Feel all the way across the back of your hand to find your metacarpals. How many metacarpals do you count? _____
3. Feel your carpal.
 - A. Can you count individual bones? _____
 - B. What type of joint is found in the carpal? _____
4. Find your radius and ulna. Can you feel each?
 - A. Which bone, the radius or the ulna, is on the thumb side of the forearm? _____
 - B. Which bone is on the little finger side of the forearm? _____
5. Feel the distal end of your forearms, then supinate (turn palm up) and pronate (turn palm down) your forearms.
 - A. Which bone moves? _____
 - B. Which bone is stationary? _____
6. Follow your ulna to your elbow.
 - A. What type of joint is the elbow? _____
 - B. What is the name of the process at the proximal end of the ulna? _____
7. Feel for the medial epicondyle at the distal end of your humerus. Flex and extend your forearm. Does the medial epicondyle move? _____
8. Find your clavicle.
 - A. Which bone is your clavicle medially articulated with? _____
 - B. Which bone is your clavicle laterally articulated with? _____
9. Follow your clavicle to the shoulder joint, then follow it back to the sternum. Can you feel a notch where the two clavicles articulate with the sternum? _____
10. Find your ribs.
 - A. How many different rib bones can you count? _____
 - B. Can you find your floating ribs? _____
 - C. Can you locate your xiphoid process? _____

Know Your Bones Answer Key

Zhe Xu



Know Your Bones Answer Key:

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