

## Bones in the Human Body

### Spine (vertebral column)

A fully grown adult features 26 bones in the spine, whereas a child can have 33.

- Cervical vertebrae (7 bones)

- Thoracic vertebrae (12 bones)

- Lumbar vertebrae (5 bones)

- Sacral vertebrae (5 bones at birth, fused into one after adolescence)

- Coccygeal vertebrae (set of 4 bones at birth; some or all fuse together, but there seems to be a disagreement between researchers as to what the most common number should be. Some say the most common is 1, others say 2 or 3, with 4 being the least likely. It is counted as 1 in this article.[citation needed])

### Chest (thorax)

Various bones of the human skeletal system.

There are usually 26 bones in the chest but sometimes there can be additional cervical ribs in humans. Cervical ribs occur naturally in other animals such as reptiles.

- Hyoid (1)

- Sternum (1)

- Ribs (24, in 12 pairs)

- Cervical ribs are extra ribs that occur in some humans.

### Head

There are 22 bones in the skull. Including the bones of the middle ear, the head contains 28 bones.

- Cranial bones (8)

  - Occipital bone

  - Parietal bones (2)

  - Frontal bone

  - Temporal bones (2)

  - Sphenoid bone (sometimes counted as facial)

  - Ethmoid bone (sometimes counted as facial)

- Facial bones (14)

  - Nasal bones (2)

  - Maxillae (upper jaw) (2)

  - Lacrimal bone (2)

  - Zygomatic bone (2)

  - Palatine bone (2)

  - Inferior nasal concha (2)

  - Vomer

  - Mandible (1)

- Hyoid bone (1)

- Middle ears (6 bones in total, 3 on each side)

  - Malleus (2)

  - Incus (2)

  - Stapes (2)

### Arm

There are a total of 64 bones in the arm.

- Upper arm bones (6 bones in total; 3 on each side)

  - Humerus (2)

  - Pectoral girdle (shoulder)

  - Scapula (2)

  - Clavicles (2)

- Lower arm bones (4 bones in total, 2 on each side)

  - Ulna (2)

  - Radius (2)

- Hand (54 bones in total; 27 in each hand)

  - Carpals

    - Scaphoid bone (2)

    - Lunate bone (2)

    - Triquetral bone (2)

    - Pisiform bone (2)

- Trapezium (2)
- Trapezoid bone (2)
- Capitate bone (2)
- Hamate bone (2)
- Metacarpals (10 bones in total; 5 on each side)
- Phalanges of the hand
  - Proximal phalanges (10 bones in total; 5 on each side)
  - Intermediate phalanges (8 bones in total; 4 on each side)
  - Distal phalanges (10 bones in total; 5 on each side)

### **Pelvis (pelvic girdle)**

The pelvis (or hip bone) is made up of three regions that have fused to form two coxal bones. They are: ilium, ischium, and pubis

The sacrum and the coccyx attach to the two hip bones to form the pelvis, but are more important to the spinal column, where they are counted.

### **Leg**

There are a total of 60 bones in the legs.

- Femur (2 bones)
- Patella or kneecap (2 bones)
- Tibia (2 bones)
- Fibula (2 bones)
- Foot (52 bones in total, 26 per foot)
  - Tarsus
    - Calcaneus or heel bone (2 bones)
    - Talus (2 bones)
    - Navicular bone (2 bones)
    - Medial cuneiform bone (2 bones)
    - Intermediate cuneiform bone (2 bones)
    - Lateral cuneiform bone (2 bones)
    - Cuboid bone (2 bones)
  - Metatarsals (10 bones)
  - Phalanges of the foot
    - Proximal phalanges (10 bones)
    - Intermediate phalanges ( 8 bones)
    - Distal phalanges ( 10 bones)

### **Bones of the Human Skeleton**

There are 206 bones in the human body. Over half of these bones are in the hands, which have 54 bones, and the feet, which have 52 bones. Here is the full list:

#### **Bones in the Head:**

Cranial bones (eight): frontal, parietal (2), temporal (2), occipital, sphenoid, ethmoid  
 Facial bones (14): mandible, maxilla (2), palatine (2), zygomatic (2), nasal (2), lacrimal (2), vomer, inferior nasal conchae (2)  
 Ear bones (six): malleus (2), incus (2), stapes (2)  
 Throat bones (one): hyoid

#### **Bones below the head:**

Shoulder bones(four): shoulder blade (2), collarbone (2) (also called the clavicle)  
 Thorax bones (25): sternum (1), ribs (2 x 12)  
 Vertebral column bones (24): cervical vertebrae (7), thoracic vertebrae (12), lumbar vertebrae (5)

#### **Bones in the Arms:**

Upper Arm bones (two): humerus (2)  
 Forearm bones (four): radius (2), ulna (2)  
 Hand Bones (54):  
   Wrist bones: scaphoid (2), lunate (2), triquetral (2), pisiform (2), trapezium (2), trapezoid (2), capitate bone (2), hamate (2)  
 Palm bones: metacarpals (5 x 2)  
 Finger bones: proximal phalanges (5 x 2), intermediate phalanges (4 x 2), distal phalanges (5 x 2)  
 Pelvis bones (four): sacrum, coccyx, hip bone (2)  
 Leg bones (six): femur or thigh bone (2), patella (2), tibia (2), fibula (2)

Feet bones (52):

Ankle bones: calcaneus (heel bone) (2), talus (2), navicular (2), medial cuneiform (2), intermediate cuneiform (2), lateral cuneiform (2), cuboid (2), metatarsal bone (5 x 2)

Toe bones: proximal phalanges (5 x 2), intermediate phalanges (4 x 2), distal phalanges (5 x 2)