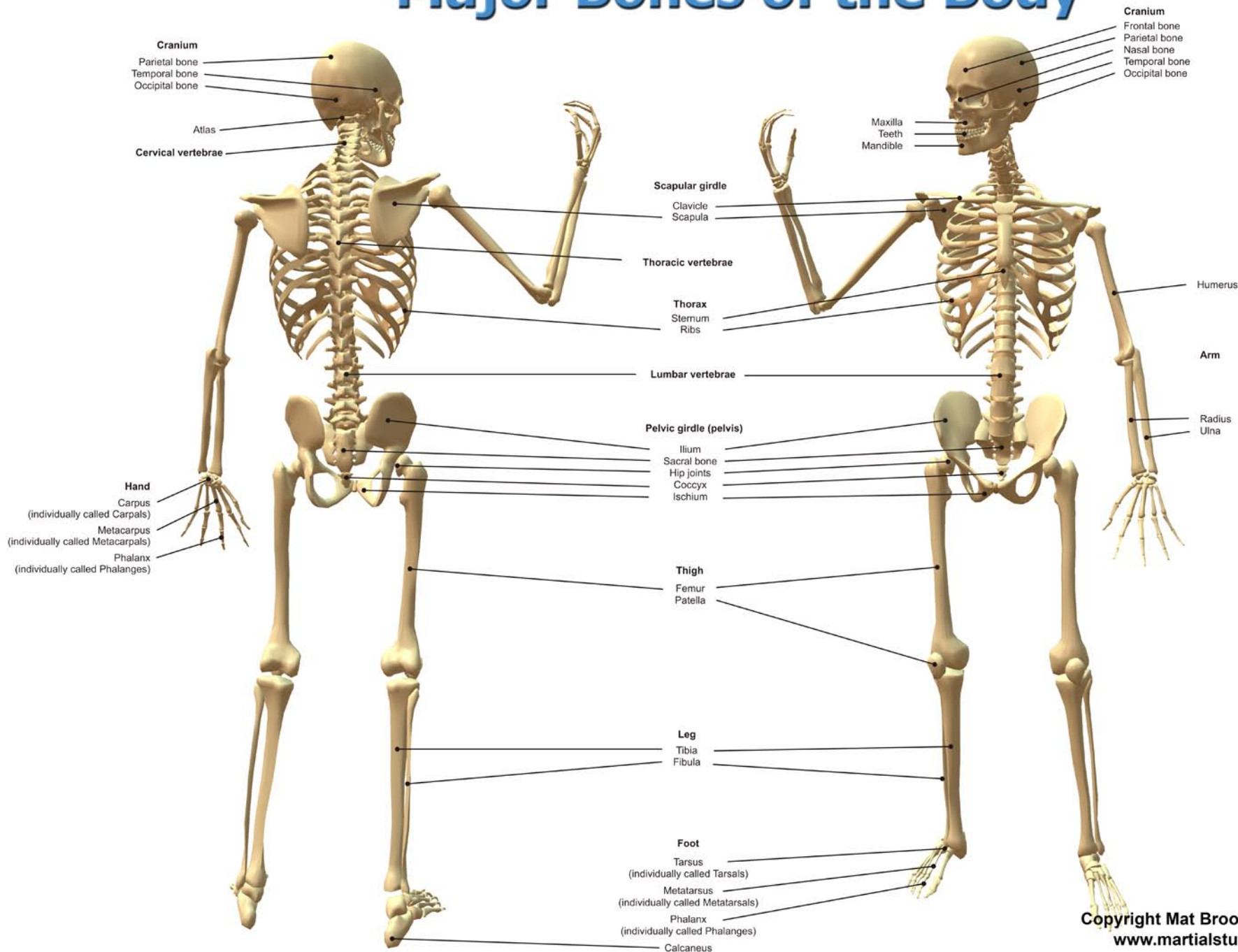


# Major Bones of the Body



**FACTS & FIGURES**

The average human body contains 206 bones

There are 29 bones in the head  
 There are 26 bones in the spinal column  
 There are 25 bones in the thorax  
 There are 64 bones in the arms and hands  
 There are 62 bones in the legs

When you are born, you have over 300 bones, but many fuse together as you grow older

People don't have the same number of bones - it ranges from 200 to 210

The smallest bone in the body is in the ear. It's called the stapes or stirrup

The largest bone in the body is the femur or thigh bone

The bones in your body are divided into two types:-

The Axial skeleton includes the skull, spine and thorax, and its function is to support and protect your internal organs

The Appendicular skeleton includes the arms, legs, and pelvis, and it enables you to move and support yourself

When a baby is born, many of its bones are still soft. They harden as it grows older

Bone density and strength can increase over time to meet greater physical demands

The word "Osteo" is Greek for bone, and is the common prefix for matters pertaining to them, such as osteopathy, osteoblast, and osteoporosis

The clavicle is the most commonly broken bone in the body, although for older people, it is the hip bone

Foods rich in calcium and collagen help to build stronger bones

Soda (fizzy drinks), coffee, and alcohol all contribute to weaker bones when consumed to excess