

Bone Histology and Joints

The skeletal bones are:

- **Cranium**
 - Parietal
 - Frontal
 - Ethmoid
 - Sphenoid
 - Occipital
 - Temporal

- **Facial**
 - Nasal
 - Zygomatic
 - Maxilla
 - Lacrimal
 - Turbinator
 - Palatine
 - Mandible
 - Vomer
 - Hyoid

- **Vertebrae**
 - Cervical (bones 1-7)
 - Thoracic (bones 8-20)
 - Lumbar (bones 21-26)
 - Sacrum
 - Coccyx

- **Pectoral Girdle**
 - Ischium (innominate)
 - Ilium
 - Pubis

- **Upper Limb**
 - Humerus
 - Ulna
 - Radius
 - Scaphoid (1st Carpal, proximal to the wrist and the thumb)
 - Lunate (2nd Carpal)
 - Triquetral (3rd Carpal)
 - Pisiform (4th Carpal)
 - Trapezium (5th Carpal, 2nd row, proximal to the thumb)
 - Trapezoid (6th Carpal)

- **Capitate (7th Carpal)**
- **Hamate (8th Carpal)**
- **Metacarpals**
- **Phalanges**

- **Lower Limb**
 - **Femur**
 - **Tibia**
 - **Fibula**
 - **Patella**
 - **Talus (Tarsal)**
 - **Calcaneus (Tarsal - heel)**
 - **Navicular (Tarsal)**
 - **Cuneiforms (Tarsal)**
 - **Medial(Tarsal)**
 - **Intermediate(Tarsal)**
 - **Lateral(Tarsal)**
 - **Cuboid(Tarsal)**
 - **Metatarsals**
 - **Phalanges**