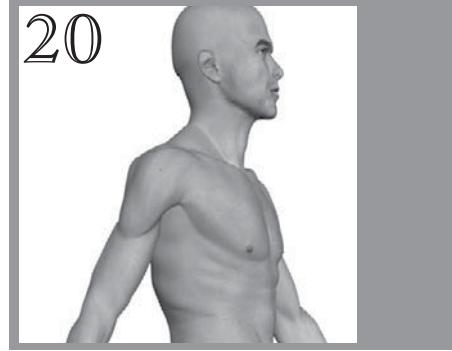


CONTENTS

INTRODUCTION 12

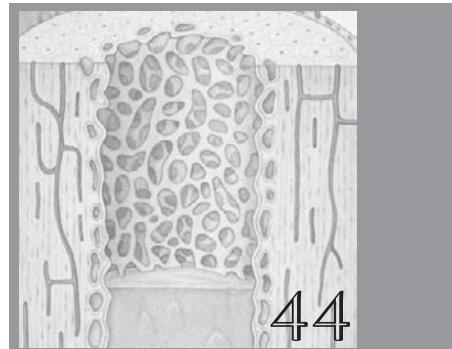
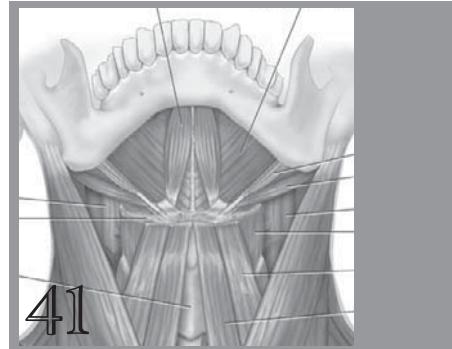


CHAPTER 1: HUMAN SKELETAL AND MUSCLE SYSTEMS 19

- Human Skeletal System 19
 - Axial and Visceral Skeleton 21
 - The Appendicular Skeleton 30
- Human Muscle System 35
 - Evolutionary Context 36
 - Muscles of the Lower Limb 37
 - Muscles of the Upper Limb 39
 - Muscles of the Head and Neck 40
 - Muscles of the Trunk 41

CHAPTER 2: THE NATURE OF BONE 43

- Evolutionary Significance 43
- Chemical Composition and Physical Properties 44
- Bone Morphology 46
 - Compact Bone 48
 - Cancellous Bone 48
 - Epiphyses 49
 - Osteons 50
 - Bone Marrow 53
 - Vascular Supply and Circulation 55
- Bone Resorption and Renewal 56
 - Bone Remodeling 59
 - Bone Formation 60

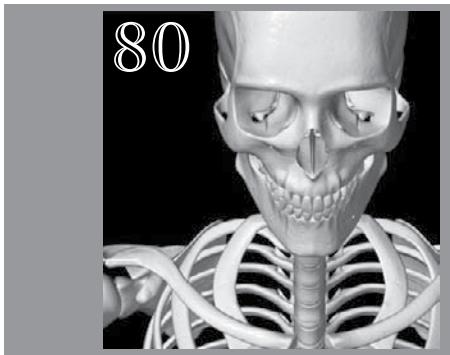


| | |
|------------------------|----|
| Physiology of Bone | 61 |
| Calcium and Phosphate | |
| Equilibrium | 61 |
| Physiological and | |
| Mechanical Controls | 64 |
| Hormonal Influences | 66 |
| Nutritional Influences | 68 |



CHAPTER 3: BONES OF THE HUMAN ANATOMY 72

| | |
|-------------------------------|----|
| Bones of the Head | 72 |
| The Skull | 72 |
| Fontanel | 73 |
| Zygomatic Bone | 73 |
| Parietal Bone | 74 |
| Occipital Bone | 74 |
| Nasal Conchae | 76 |
| Bones of the Vertebral Column | 76 |
| Vertebrae | 76 |
| The Neck | 77 |
| The Sacrum | 78 |
| The Coccyx | 78 |
| Bones of the Upper Body | 79 |
| Clavicle | 79 |
| Scapula | 79 |
| Sternum | 81 |
| The Ribs | 82 |
| Humerus | 82 |
| Radius | 83 |
| Ulna | 84 |
| The Hand | 84 |
| Bones of the Lower Body | 87 |
| The Pelvic Girdle | 87 |
| Femur | 88 |



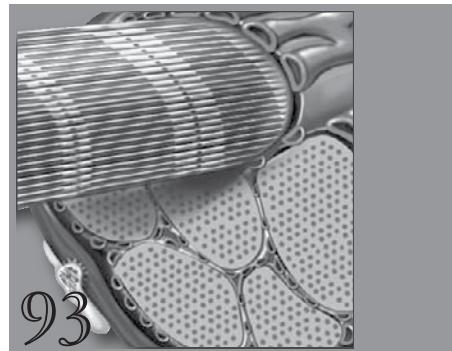
Tibia 89
Fibula 89
The Foot 90

CHAPTER 4: THE NATURE OF MUSCLE 93

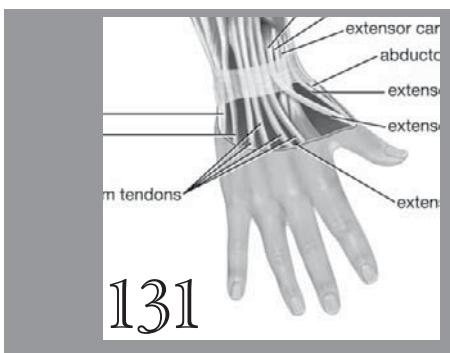
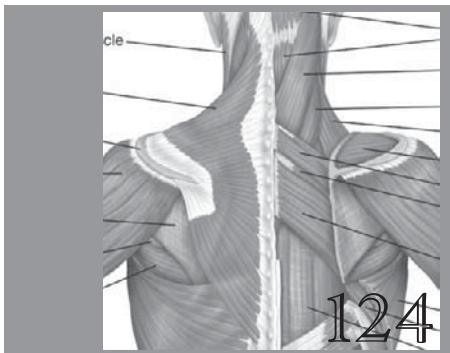
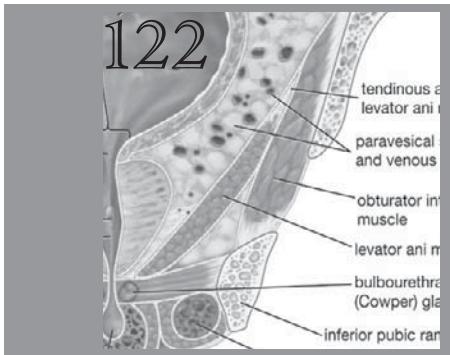
Striated Muscle 94
Muscle Fibres 94
Myofibrils 96
Myofilaments 98
Proteins of the Myofilaments 100
Actin-Myosin Interaction and Its Regulation 103
Energy Stores 104
Molecular Mechanisms of Muscle Contraction 105
Smooth Muscle 106
Structure and Organization 107
Initiation of Contraction 109
Cross-Bridge Cycle and ATP Breakdown 110
Mechanical Properties 111
Cardiac Muscle 112
Structure and Organization 113
The Frequency of Contraction 114
Excitation/Contraction Coupling 116
Force and Velocity of Contraction 117
Response of the Heart to Stress 117
Muscles of Movement 119
Abductor Muscle 119



91



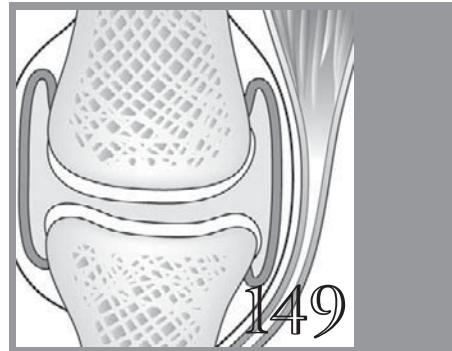
93



- Adductor Muscle 120
Extensor Muscle 120
Flexor Muscle 121
Sphincter Muscle 122
Levator Muscle 123
Muscles of the Back 123
Spinalis Muscle 123
Semispinalis Muscle 124
Erector Spinae 125
Iliocostalis Muscle 125
Coccygeus Muscle 126
Latissimus Dorsi 126
Trapezius Muscle 126
Muscles of the Chest and Abdomen 127
Pectoralis Muscle 127
Intercostalis Muscle 128
Abdominal Muscle 128
Muscles of the Arm 129
Deltoideus Muscle 130
Biceps Muscle 131
Triceps Muscle 132
Muscles of the Leg 132
Gluteus Muscle 133
Quadriceps Femoris Muscle 134
Sartorius Muscle 134
Gastrocnemius Muscle 134
Soleus Muscle 135

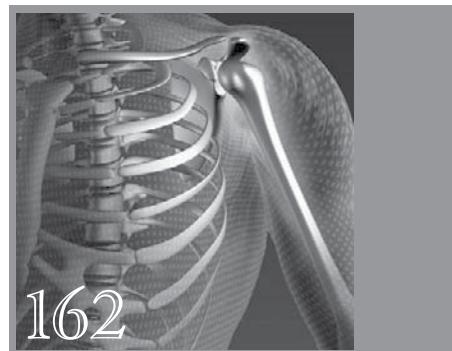
- CHAPTER 5: THE HUMAN BODY IN MOTION 136**
Anatomy of Joints 136
Joint Movements 136
Joint Components 137
Nerve Supply and Blood

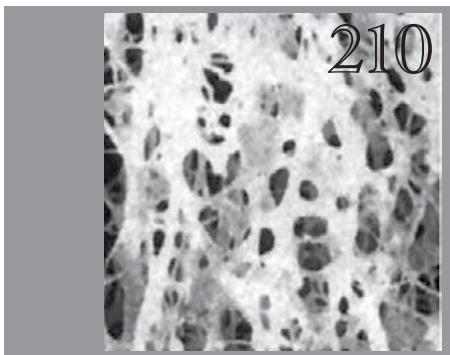
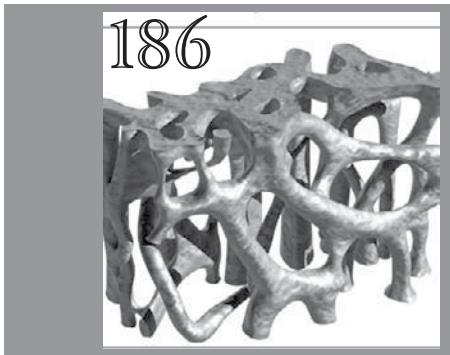
- Supply of Joints 142
- Joint Metabolism and Nutrition 143
- Major Types of Joints 144
 - Synarthroses 145
 - Diarthroses 149



CHAPTER 6: DISEASES AND INJURIES OF BONE 166

- Principal Types of Diseases and Injuries 167
 - Abnormal Stress on Bone 167
 - Metabolic Bone Disease 167
 - Deficient Blood Supply to Bone 169
 - Ionizing Radiation Injury to Bone 170
 - Infectious Diseases of Bone 170
 - Bone Tumour 172
- Fractures 173
- Developmental Abnormalities and Hereditary Conditions 175
 - Congenital Bone Diseases 175
 - Inherited Disorders 177
 - Dysplasia 177
 - Bone Cyst 178
 - Bone Cancer 179
 - Osteoclastoma 180
 - Osteosarcoma 181
 - Enchondroma 181
 - Curvature of the Spine 182
 - Metatarsalgia 183
 - Marble Bone Disease 183
 - Morquio Syndrome 184
 - Osteochondrosis 184





Osteomalacia 185
Osteoporosis 186
Paget Disease of Bone 187
Pott Disease 188
Spondylitis 189
Spondylosis 189
Indications of Muscle
Disease 191

**CHAPTER 7: DISEASES AND
INJURIES OF MUSCLE 193**

Primary Diseases and
Disorders 193
Muscular Dystrophy 194
Myasthenia Gravis 196
Toxic Myopathies 197
Myositis 198
Myositis Ossificans 200
Endocrine and Metabolic
Myopathies 200
Indications of Muscle
Disease 201
Periodic Paralysis 205
Tetany 206
Tic 207
Muscle Tumour 208
Fatigue 209
Atrophy of Muscle and
Bone 210
Atrophy in Aging 211
Muscle Weakness 212
Atrophy in Disuse 212
Signs and Symptoms 214
Disease Detection 214
Classification of Muscle
Weakness 215

**CHAPTER 8: DISEASES AND
INJURIES OF JOINTS 218**

Types of Arthritis 218
Bursitis 220
Infectious Arthritis 221
Rheumatoid Arthritis and
Allied Disorders 223
Gout 226
Collagen Diseases 228
Miscellaneous Types of
Arthritis 229
Traumatic Joint Diseases 230
Dislocation 231
Fracture–Dislocation 232
Sprain 233
Elbow Injuries 233
Knee Injuries 234
Degenerative Joint Disease 235
Congenital and Hereditary
Joint Abnormalities 237
Secondary Joint Diseases 240
Hemorrhagic Joint
Diseases 240
Aseptic Necrosis 241
Endocrine Factors 242
Neurogenic Arthropathy 242
Hypertrophic
Osteoarthropathy 243
Reflex Sympathetic
Dystrophy 243
Tumours of Joints 244

CONCLUSION 246

GLOSSARY 247

BIBLIOGRAPHY 250

INDEX 252

