

GIVE ME SOME BONES : Track 3

The first of 2 bone songs, this song covers a bit of bone physiology and nomenclature of the axial skeleton. Note the color changes that indicate nomenclature for a new section of the skeleton.

Give me some bones, spongy and compact
Look at dem bones, a flesh and fluid rack
Articulate & alive, not bland
from your ischium to your hand
Bones, bones, bones, give me some bones


Bones are living tissue, not dead or cold
They start as cartilage then ossify bold
Osteocytes in lacunae amidst calcium phosphate
Maintain bone content and make repairs straight

Osteoblasts and osteoclasts have other functions
They dance a balance of renewal and destruction
When calcium and phosphate are needed elsewhere
Osteoclasts break down bone minerals to share

Osteoblasts shape bones with variety
Sesamoid in joints like patella in knee
Long and short and flat self explanatory
Sutural means fused, irregular a complex story

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Here come axial bones from the top
another song names the appendicular crop
A pair of parietals, crowning glory
Frontal, just that, occipital bottom story
Temporal, time to cover your ears
Lacrimal a strong support for your tears
Zygomatic gives those cheekbones style
Maxillary – holds teeth and upper smile
Nasal bones the top over flared or Roman
Ethmoid, makes septum with the vomer
Sphenoid, bat shaped, under brain, behind face
Mandible, use it after saying grace
Conchae in the nose, Pallatine, top of mouth
Hyoid supports larynx, from the chin it's south



skull

C-1 through seven, from occipital foramen go
C-1 atlas, C-2 axis, help head say no*
There are 12 thoracic vertebrae
Curve distal then proximal so you don't sway
Lumbar are the sturdiest five
Nearing the spot where the couch potato thrives
Sacrum was 5, becomes one with holes*
Then the coccyx, fused bones, ligaments holds

} Vertebral
Column

Axial skeleton completed with 12 pairs of ribs
And the sternum in between like a bib
Listen wisely to your costae, 1- 7 are true*
Ribs 8 – 12, false barely connected to you
Sternum is 3 parts, from the top I confess
Manubrium, body and xiphoid process

} Thoracic
Cage

That's it – you've got it, now don't forget em
Bones bruise, fracture and compress if you let em
They attach ligaments, move by muscles, make blood cells
Give them exercise & calcium they'll treat you well

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- * **There is** a good deal of individual variability in several aspects of the skeleton, such as the number of ribs that are attached to the sternum, versus attached to the costal cartilage versus attached to nothing, and the number of bones that fuse to form the sacrum.
- * **Depending on** the version you have of the CD or MP3, atlas and axis may be reversed (incorrectly) on the actual recording. Remember atlas holds up the head and rests on the axis which can pivot.

NOTES: _____

