

The human skeleton

A typical adult human skeleton consists of 206 bones. Individuals may have more or fewer bones than this owing to anatomical variations. The most common variations include additional (i.e. supernumerary) cervical ribs or lumbar vertebra. Sesamoid bone number can also vary between individuals. As noted below, the craniofacial bones are counted separately despite the synostoses which occur naturally in the skull. The number of bones changes with age, as multiple ossific nuclei joined by synchondroses fuse into fewer mature bones, a process which typically reaches completion in the third decade of life.

List of bones in the human skeleton:

Bones of the skull

Cranial bones (cranium cerebrale):

- frontal bone (os frontale)
- parietal bone (os parietale, 2)
- temporal bone (os temporale, 2)
- occipital bone (os occipitale)
- sphenoid bone (os sphenoidale)

Facial bones (cranium visceral)

- ethmoid bone (os ethmoidale)
- nasal bone (os nasale, 2)
- lacrimal bone (os lacrimale, 2)
- inferior nasal conchae (concha nasalis inferior, 2)
- vomer (vomer)
- middle ear bones: malleus (2), incus (2) and stapes (2)
- maxilla (maxilla, 2)
- palatine bone (os palatinum, 2)
- zygomatic bone (os zygomaticum, 2)
- mandible (mandibula)
- hyoid bone (os hyoideum)

Bones of the extremities

Upper extremities

The shoulder girdle's bones

- scapula or shoulder blade (scapula, 2)
- clavicle or collarbone (clavicula, 2)

Bones in the free part of the upper extremity

- humerus (humerus, 2)
- radial bone (radius, 2)
- elbow bone (ulna, 2)
- wrist bones (ossa carpi): scaphoid bone (os scaphoideum, 2), lunate bone (os lunatum, 2), triquetrum bone (os triquetrum, 2), pisiform bone (os pisiforme, 2), trapezium (os trapezium, 2), trapezoid bone (os trapezoideum, 2), capitate bone (os capitatum, 2), hamate bone (os hamatum, 2)
- palm bones (ossa metacarpi, 5×2)

digits of the hands (finger bones, phalanges): proximal phalanges (5×2), intermediate phalanges (4×2), distal phalanges (5×2)

Lower extremities

The pelvis girdle's bones

hipbone (os coxae, 2): os ilium (2), os ischium (2) and os pubis (2)

Bones in the free part of the lower extremity

thigh bone (femur, 2)

kneecap, kneecap (patella, 2)

shin bone (tibia, 2)

calf bone (fibula, 2)

ankle bones (ossa tarsi): heel bone (os calcaneus, 2), ankle bone, astragalus (os talus, 2), navicular bone (os naviculare, 2), medial cuneiform bone (os cuneiforme mediale, 2), intermediate cuneiform bone (os cuneiforme intermediale, 2), lateral cuneiform bone (os cuneiforme laterale, 2), cuboid bone (os cuboideum, 2)

metatarsus bones (ossa metatarsi, 5×2)

digits of the feet (finger bones, phalanges): proximal phalanges (5×2), intermediate phalanges (4×2), distal phalanges (5×2)

Bones of the thorax

breastbone (sternum)

rib (os costae, cartilage costae, 12×2)

vertebra: articulating vertebrae (vertebrae verae: 7 cervical vertebrae, 12 thoracic vertebrae, 5 lumbar vertebrae), fused vertebrae (vertebrae spuriae: sacrum, tailbone – os coccygis) – vertebral column, backbone, spine (columna vertebralis)