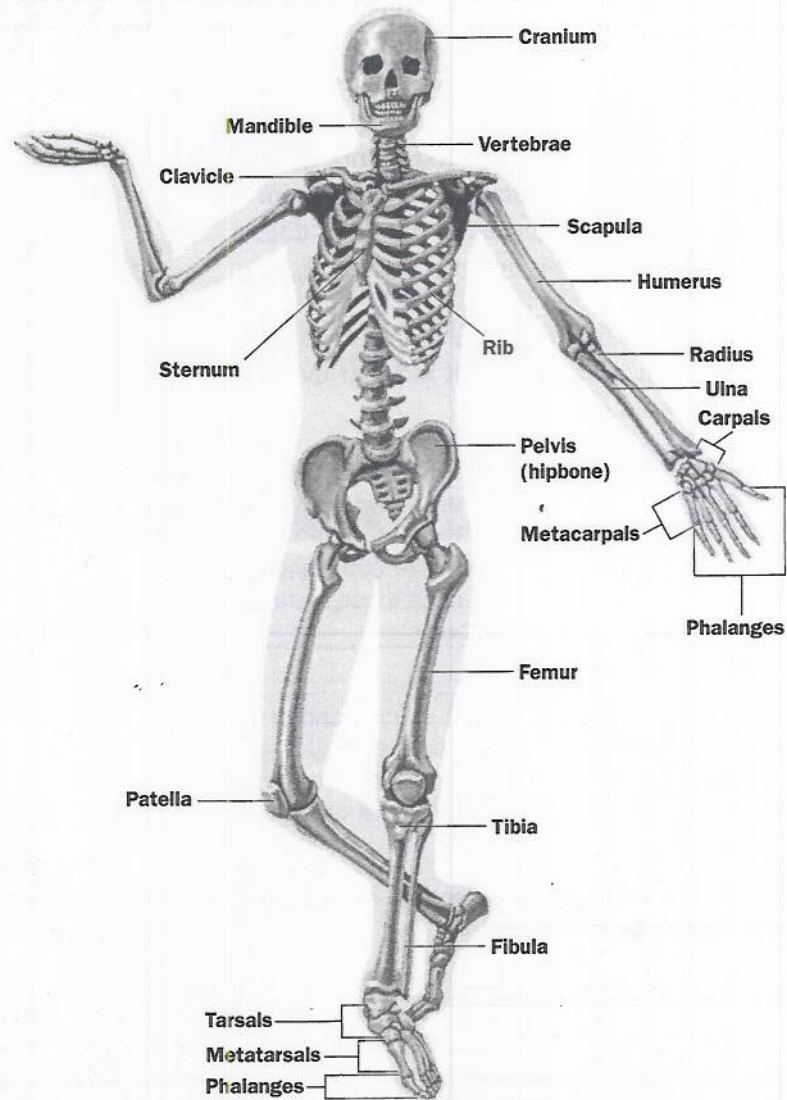


## Skeletal and Muscular Systems

Your body has two organ systems that work together to help you move—the skeletal system and the muscular system. The **skeletal system** is made up of the bones and cartilage that form the framework of your body. The **muscular system** includes the muscles that help you move, and muscles that help things inside your body move.

### Skeletal System



Your skeleton is made up of about 206 individual bones.

All humans have a stiff inner **skeleton** made of bone and a hard, but flexible tissue called **cartilage**. The bones of your skeleton have four main jobs:


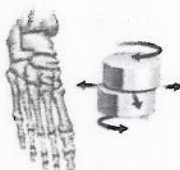

- to support your body and give it shape
- to protect your internal organs
- to provide a scaffolding for your muscles, allowing you to move
- to store minerals and make blood cells

**SEE  
ALSO**

082 Tissues,  
Organs, and  
Systems

Your knees, elbows, and hips are examples of joints. **Joints** are parts of the body where two or more bones meet. Bands of connective tissue called **ligaments** hold the bones of many joints together. The joints in your skull are fixed and do not allow movement. Joints in other parts of your body allow only certain kinds of movements.

**SOME JOINTS OF THE HUMAN BODY**

Joint Type	Where Found	Movement	Example
<b>Pivot joint</b>	neck, elbow	bones rotate around each other	
<b>Gliding joint</b>	wrist, ankle, vertebrae	bones slide over each other	
<b>Hinge joint</b>	knee, elbow, fingers, toes	back-and-forth	
<b>Ball-and-socket joint</b>	shoulder, hips	rotational or circular	