**List of Bones of the Human Skeleton**

A typical adult human skeleton consists of the following 206 bones. (Numbers in bold refer to the diagram at right.)

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In the skull (22):

* Cranial bones:
	+ **1.** frontal bone
	+ **2.** parietal bone (2)
	+ **3.** temporal bone (2)
	+ **4.** occipital bone
	+ sphenoid bone
	+ ethmoid bone
* Facial bones:
	+ **5.** zygomatic bone (2)
	+ **6.** superior and inferior maxilla
	+ **9.** nasal bone (2)
	+ **7.** mandible
	+ palatine bone (2)
	+ lacrimal bone (2)
	+ vomer bone
	+ inferior nasal conchae (2)

In the middle ears (6):

* malleus (2)
* incus (2)
* stapes (2)

In the throat (1):

* hyoid bone

In the shoulder girdle (4):

* **25.** clavicle or collarbone (2)
* **29.** scapula or shoulder blade (2)

In the thorax (25):

* **10.** sternum
* **28.** ribs (2 x 12)

In the vertebral column (24):

* **8.** cervical vertebrae (7) incl. atlas & axis
* **14.** lumbar vertebrae (5)
* thoracic vertebrae (12)

In the arms (6):

* **11.** humerus (2)
	+ **26.** condyles of humerus
* **12.** ulna (2)
* **13.** radius (2)
	+ **27.** head of radius

In the hands (54):

* Wrist (carpal) bones:
	+ scaphoid bone (2)
	+ lunate bone (2)
	+ triquetrum bone (2)
	+ pisiform bone (2)
	+ Trapezium (bone) (2)
	+ trapezoid bone (2)
	+ capitate bone (2)
	+ hamate bone (2)
* Palm or metacarpal bones:
	+ metacarpal bones (5 × 2)
* Finger bones or phalanges:
	+ proximal phalanges (5 × 2)
	+ intermediate phalanges (4 × 2)
	+ distal phalanges (5 × 2)

In the pelvis (4):

* **15.** ossa coxa (hip bones or innominate bones) (2)
* **16.** sacrum
* coccyx

In the legs (8):

* **17.** femur (2)
	+ **22.** greater trochanter of femur
	+ **23.** condyles of femur
* **19.** patella (2)
* **20.** tibia (2)
* **21.** fibula (2)

In the feet (52):

* Ankle (tarsal) bones:
	+ calcaneus (heel bone) (2)
	+ talus (2)
	+ navicular bone (2)
	+ medial cuneiform bone (2)
	+ intermediate cuneiform bone (2)
	+ lateral cuneiform bone (2)
	+ cuboidal bone (2)
* Instep bones:
	+ metatarsal bone (5 × 2)
* Toe bones:
	+ proximal phalanges (5 × 2)
	+ intermediate phalanges (4 × 2)
	+ distal phalanges (5 × 2)

The infant skeleton has the following bones in addition to those above:

1. sacral vertebrae (4 or 5), which fuse in adults to form the sacrum
2. coccygeal vertebrae (3 to 5), which fuse in adults to form the coccyx
3. ilium, ischium and pubis, which fuse in adults to form the pelvic girdle