

## LONGEST

The **femur**, or thighbone, is the longest and strongest bone of the human skeleton.

## SMALLEST

The **stapes**, in the middle ear, is the smallest and lightest bone of the human skeleton.

26

There are **26 bones** in the human foot.

54

The human hand, including the wrist, contains **54 bones**.



## WHAT BONES ARE MADE OF

Bones are made up of **calcium, phosphorus, sodium,** and **other minerals**, as well as the **protein collagen**.

## BONE FUNCTION

Bones function as the **skeleton of the human body**, allow body parts to move and protect organs from impact damage. They also produce red and white blood cells.

1/2

Arms are among the most commonly **broken bones**, accounting for almost half of all adults' broken bones. The collarbone is the most commonly broken bone among children.

## GROWTH

**Bones stop growing** in length during puberty. Bone density and strength will change over the course of life, however.

# BONE FACTS #3