There are 206 bones in the human body. 106 of these are in the hands and feet.

I. Bones in the Head:
1. The skull is composed of 22 bones: 21 fused and a movable mandible.
   a. The superior bones are known as the cranium (8 bones) and protect the brain from damage. Frontal, parietal(2), temporal(2), occipital, sphenoid, ethmoid.
   b. The inferior and anterior portion of the skull are known as facial bones (14 bones) and support the eyes, nose, and mouth. Mandible, maxilla(2), palatine(2), zygomatic(2), nasal(2), lacrimal(2), vomer, inferior nasal conchae(2).

2. The hyoid is a small, U-shaped bone just inferior to the mandible. It is the only bone in the body that does not form a joint with another bone—it is a floating bone. It holds the trachea open and forms a bony connection for tongue muscles. There is 1 throat bone.

3. There are 6 ear bones. The smallest bones in the body are the malleus, incus, and stapes, the auditory ossicles. They transmit and amplify sound from the eardrum to the inner ear.

II. Bones Below the Head:
4. The vertebral column is composed of 26 vertebrae, named by region:
   a. Cervical (neck)-7
   b. Thoracic (chest)-12
   c. Lumbar (lower back)-5
   d. Sacrum -1
   e. Coccyx (tailbone)-1

5. Ribs and sternum (breastbone) are connected by costal cartilage. There are 12 pairs of ribs that form the ribcage along with the sternum. 25 bones

III. Bones in the Arms
6. Pectoral Girdle and Upper Limb: 10 bones
   a. Left and right clavicles (collarbone)
   b. Left and right scapulae (shoulder blade)
   c. Left and right humerous (upper arm)
   d. Left and right Radius (forearm)
   e. Left and right Ulna (forearm)
Wrist, hands, and fingers—(54 bones)
f. Right and Left Carpals—8 small bones of wrist
   1. scaphoid
   2. lunate
   3. triquetral
   4. pisiform
   5. trapezium
   6. trapezoid
   7. capitates bone
   8. hamate

g. Right and Left Metacarpals—5 bones of each hand

h. Phalanges—5 fingers of each hand—14 bones on each hand (3 bones for each finger—proximal, intermediate, distal; 2 for each thumb)

IV. Bones in the Legs
7. Pelvic Girdle and Lower Limb: 10 bones
   a. Femur—largest bone (thigh)
   b. Tibia—calf bone; largest
   c. Fibula—calf bone; smallest
   d. Patella (knee cap)
   e. Right and Left pelvis (hip bones)

Ankles, feet, and toes 52 bones
f. Tarsals (ankle)—7 each
   1. Calcaneus (heel)
   2. Talus
   3. Navicular
   4. Medial cuneiform
   5. Intermediate cuneiform
   6. Lateral cuneiform
   7. Cuboid

g. Metatarsals (feet)—5 each foot
h. Phalanges (14 each foot) (proximal-5, intermediate-4, distal-5)