The **skeletal system** helps with movement, provides support for organs, and synthesizes blood cells.

**Terms**

- **bone**: tissue that helps with movement, provides support for organs, and synthesizes blood cells
- **bone marrow**: matter within the bone that houses cells that produce red blood cells and lymphocytes
- **canaliculi**: canals that connect lacunae
- **cartilaginous joints**: joints connected by hyaline cartilage
- **fibrous joints**: joints connected by dense, collagen-rich fibers
- **flat bone**: a wide and flat bone that usually provides protection (like the skull and rib cage)
- **Haversian canal**: cavity in lamellae where a bone's blood supply is located
- **hematopoiesis**: production of red blood cells that occurs in the bone marrow
- **irregular bones**: bones with a shape that cannot be otherwise categorized, such as the vertebrae or mandible
- **joints**: locations where bones meet
- **lacunae**: space in bone tissue occupied by osteocytes
- **lamellae**: layers of compact bone
- **ligaments**: connective tissue that holds bones together
- **lining cells**: flattened osteoblasts that protect the bone and balance calcium levels
- **long bones**: a type of bone longer than it is wide (like the femur and humerus)
- **osteoblasts**: mononucleated cells that produce bone tissue
- **osteoclasts**: bone cells that break down bone tissue
- **osteocytes**: bone cell formed from osteoblast
- **osteons**: units that form the matrix of bone
- **periosteum**: outermost membrane of bone
- **synovial joints**: joints connected by synovial fluid, which lubricates the joints and allows for movement
- **trabeculae**: spongy layer of bone that encompasses the bone marrow
- **Volkman's canals**: connect periosteum to Haversian canal