**Chapter 5 Integumentary System**

**Dermatology-**

**Functions of the skin**

**1.protection**

**2.regulate body temperature**

**3.sense information in environment**

**4.lubricate body surface to keep it soft**

**Structure of skin**

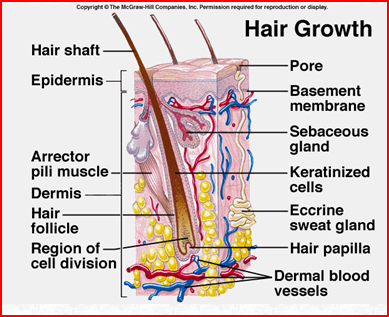
**-covered in three layers of tissues: epidermis, dermis, and subcutaneous tissue composed of fat**

**1.epidermis-**

**2.dermis(corium)-**

**3.subcutaneous tissue(hypodermis)-**

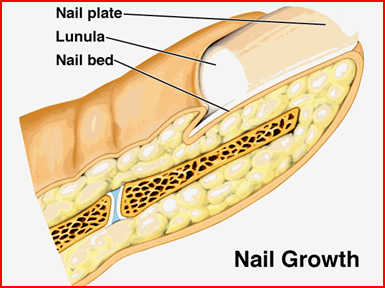
**Hair and Nails**

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**-keratin**

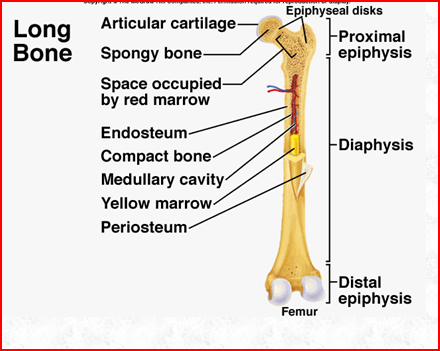
**-papilla-**

**-living part of nail lies in the matrix which lies under the skin with the exposed part being the white half-moon area by cuticle**

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**Chapter 6 musculoskeletal system**

**Composition of bones**

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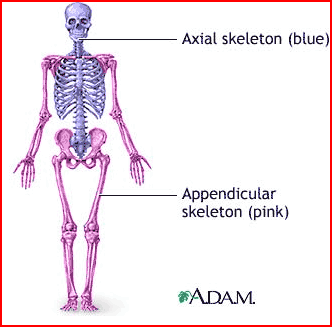
**-periosteum-**

**-Cortical bone-**

**-cancellous or spongy**

**-red bone marrow-**

**-yellow bone marrow-**

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**Axial skeleton**

**-spinal column contains five regions: cervical, thoracic, lumbar, sacral, coccygeal**

**-rib cage contains 12 pairs ribs attached to vertebral column with ten pairs connected to sternum**

**Appendicular skeleton-**

**Joints**

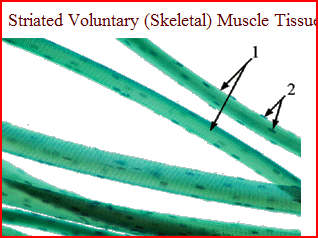
**Ligaments**

**Bursa**

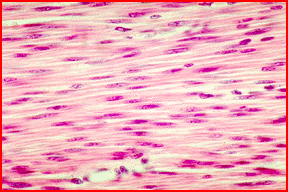
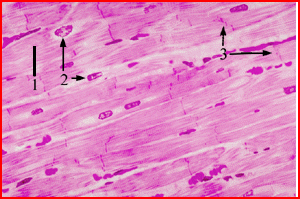
**Muscle tissue**

**-contains three types being skeletal, smooth, and cardiac**

**Voluntary muscle-**

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**Involuntary muscle-**

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**Physical medicine**

**Physiatrist-**

**Goniometry-**

**Diathermy-**

**Iontophoresis-**

**Massage therapy**

**-claims to relieve stress, anxiety, increase blood supply to tissues, hasten elimination of wastes, improve energy levels, aid recovery from damaged muscles and ligaments, and reliever certain repetitive motion injuries related to job activities**

**Chiropractic-**

**Osteopathy-**