

HUMAN BONES

(Collated by Michelle Wilkinson www.movingnaturally.co.uk)

Bone is the hardest form of connective tissue.

The collagen and mineral (calcium & phosphorous) components of bone creates its firmness and rigidity.

Each adult has around 206 bones.

The skeletal bones provide alignment and spatial form (framework) for the body.

This strong, but light framework gives muscle anchorage. Tendons attach muscles to the periosteum, the skin of the bone which covers the spongy and compact bone layers.

Many joints between bones provide mobile flexibility.

Bones of the skull, ribcage and pelvis protect inner organs.

Experiencing bones can aid our sense of width, length and depth.

In upright the body weight passes down through the bones of the spine, pelvis, legs and feet into the earth.

Feet bones are responsive to the earth and support our ability to balance.

The placement of bones mainly within the body's core can offer a sense of security, grounding and stillness.

Bone is associated with deep internal support. It is the oldest human tissue composed of minerals from the earth. For this reason, there may be an experience of connecting with ancient ancestry.

In the Traditional Chinese medicine (TCM) the kidneys are the foundation of our energy. They govern what is the densest, deepest and most yin within the body, the bones.

Bone is a living tissue and grows around a network of blood vessels and nerves.

Around a third of a bone is composed of water.

The whole skeleton is entirely renewed over a period of around 2 years.