

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**.

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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.

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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