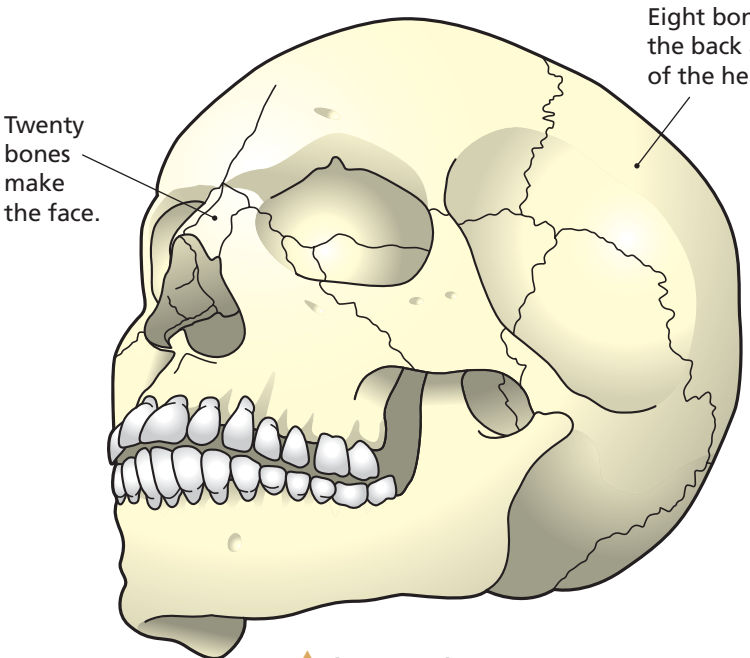
Head and back bones

Your spine carries the weight of your head and all of your upper body.

Each of your bones is shaped to do a special job. Bones that do not carry a lot of weight are thinner, and often flatter, than those that carry large weights. The further down your body you go, the more weight the bones are carrying. This is why the sturdiest bones are in the lower half of your body.

Head bones

The eight bones in your head fit together like a jigsaw puzzle and form the main part of your **SKULL**. These bones are thin and plate-like (Picture 1) and protect your brain. Your face is made up from 20 more bones.



▲ **(Picture 1) You can see that your head bones fit together like plates that have been zippered together. There are holes for eyes, nose and so on.**

Back bones

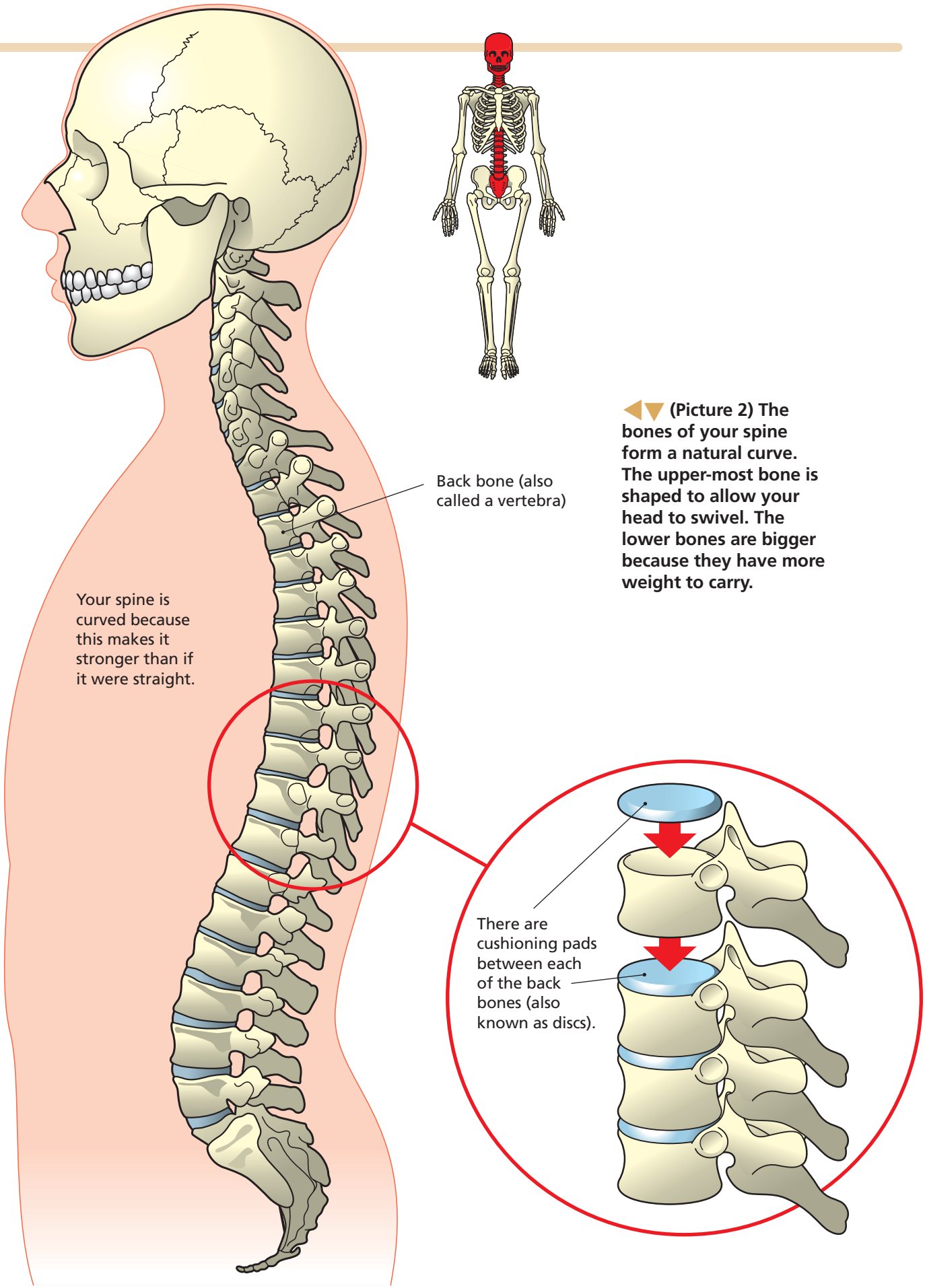
If the bones in your back fitted together like a jigsaw, you would not be able to move. Instead, most of the 33 bones in your back fit together to allow your body to move (Picture 2). However, they must also carry a lot of weight, not just from your arms, but also from your upper body in general. As a result, the bones of the spine mostly get bigger towards the bottom (the bottom nine bones are joined together).

Having a lot of bones in your back allows you to bend and twist in many more ways than if you just had one or two back bones. At the top of your back is a special bone that allows your head to twist from side to side. All of the other bones are shaped like little pillars. They are separated from one another by discs of a jelly-like material. These act like cushions, keeping the back bones from rubbing together.

Summary

- **The bones in your skull are fixed together to protect your brain.**
- **Your back bones can move.**
- **Back bones are kept apart by soft discs.**

Weblink: www.science-at-school.com



(Picture 2) The bones of your spine form a natural curve. The upper-most bone is shaped to allow your head to swivel. The lower bones are bigger because they have more weight to carry.