



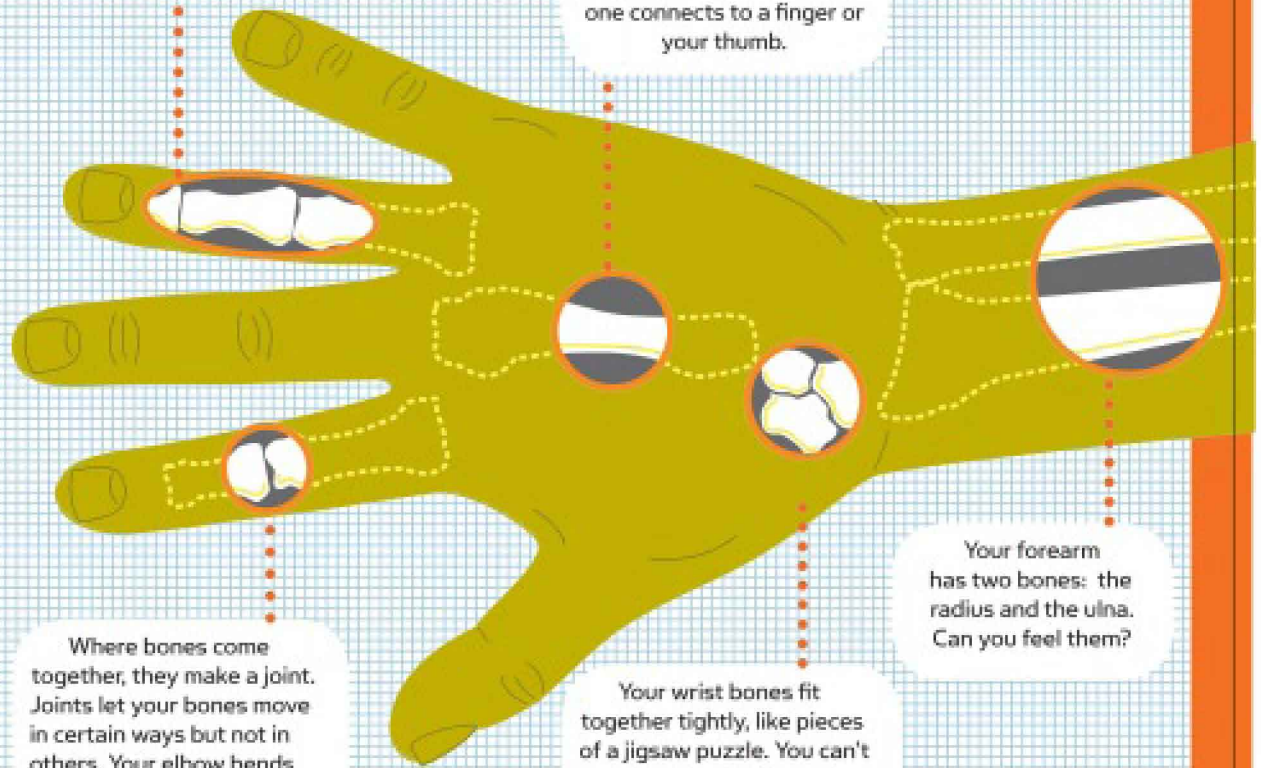
## Try This!

### Bones Count

Take a look at your hand. Under your skin are bones that look a lot like the ones in the skeleton model. You can't see your bones, but you can get a feel for the skeleton just under your skin.

Feel your fingers to find your finger bones. You have 14 in each hand: two in your thumb and three in each finger. Can you feel them all?

Feel the back of your hand to find the five bones in your palm. Each one connects to a finger or your thumb.



Where bones come together, they make a joint. Joints let your bones move in certain ways but not in others. Your elbow bends only in one direction. Can you find joints in your hand that bend like your elbow?

Your wrist bones fit together tightly, like pieces of a jigsaw puzzle. You can't feel the separate bones.

Your forearm has two bones: the radius and the ulna. Can you feel them?



### Words Worth Knowing

**Cartilage** is rubbery stuff that keeps your bones from grinding against each other. The end of your nose and the flaps of your ears are made of cartilage.

**Your forearm** is the part of your arm between your wrist and your elbow.

**Joints** are where two bones come together.

**Ligaments** are strong bands that join bones in a joint.

**Muscles** pull on bones to make them move – and that makes your body move.

**Tendons** are strong strings that connect muscle to bones.







Try  
This!

## Frozen Finger

Nothing could be easier than lifting a finger. Right?



1. Put your hand on a flat surface, palm down.
2. Lift your index finger without moving any of your other fingers. No problem, right? Set it down again.
3. Do the same with your other fingers, lifting each one by itself without moving the others. Is any finger harder to lift?

4. Fold your middle finger under your hand so the tip of the finger touches your palm. Keep the other fingers flat on the table.
5. Now, lift each finger without moving any of your other fingers. What's with your ring finger?



## What's Happening?

When you lift a finger, a muscle in your forearm pulls on the tendon that runs down the back of the finger. The tendon and muscle work together to make the finger move.

In most people, the same muscle lifts the middle finger and the ring finger. When you fold your middle finger down, you stretch that muscle. When you try to lift your ring finger, the muscle pulls, but your middle finger is keeping the muscle stretched out. So your ring finger can't budge. Because your index finger and little finger use their own muscles, those fingers can still move.

But everyone is a little different. We know some people who can move their ring finger even with their middle finger tucked under. We also know people who can barely lift their ring finger even when the middle finger *isn't* tucked under.

