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bone tissue comprises cortical bone and cancellous bone although bones may also contain other kinds of tissue including bone marrow endosteum periosteum nerves blood vessels and

3 oct 2018 find out about osteoporosis a health condition that weakens bones making them fragile and more likely to break there is also information on osteopenia the stage of bone

27 dec 2025 bone is a rigid body tissue consisting of cells embedded in an abundant hard intercellular material bone tissue makes up the individual bones of the skeletons of

26 jan 2024 bones form the scaffolding that hold the body together and allow it to move they also help protect vital organs store minerals and provide an environment for creating bone

17 oct 2025 bones are your body s structural support there are between 206 and 213 bones in the body bone tissue is strong enough to support your weight and help you move

bones are classified by their shape they may be long like the femur and forearm short like the wrist and ankle flat like the skull or irregular like the spine primarily they are referred to

each bone has two types of bone tissue to ensure strength the dense hard outer layer is called compact or cortical bone while the inner less dense lattice like bone is called cancellous

learn different weight bearing and muscle strengthening exercises to help keep your bones strong and healthy throughout life

4 feb 2011 about 80 of the bone in your body is compact it makes up the outer layer of the bone and also helps protect the more fragile layers inside if you were to look at a piece of

during the period of bone growth cartilage grows over the hardened portion of bone in time this

layer of cartilage hardens as calcium phosphate is added and a fresh layer grows over it and

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