

Workbook : Osteology

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

1	What are the names of the major parts of a long bone, and what are the functions of each?
---	---

2	Which four cells are responsible for the production and maintenance of bone tissue?
3	What is the composition of bone matrix?
4	What is the difference between spongy and compact bone in relation to their appearance, function, and location?

5

What is ossification?

6

What are the main events of intramembranous and endochondral ossification, and what is the difference between the two?

7

How is a long bone supplied with oxygenated blood?

8

What happens in Zone 3 of the epiphyseal plate during growth?

9

What are the roles of GH and IGF-1 in bone growth?

10

Describe the activity of the bone remodelling unit.

11

Briefly describe the phases of the healing process in bones, giving the main events in each.

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your

learning, please use the space below.