

sesamoid bone definition anatomy

Sesamoid Bone Definition Anatomy: Understanding These Unique Skeletal Structures

sesamoid bone definition anatomy might sound like a complex medical term, but it refers to something quite fascinating and important in our musculoskeletal system. Simply put, sesamoid bones are small, rounded bones that develop within tendons, usually where a tendon passes over a joint. Their unique placement and function distinguish them from other bones in the body, and understanding their anatomy provides insight into how our body optimizes movement and reduces wear and tear.

In this article, we'll explore the sesamoid bone definition anatomy in detail—what these bones are, where they are found, their role in the body, and why they matter. Whether you're a student, healthcare professional, or curious reader, this comprehensive guide will illuminate the fascinating world of sesamoid bones with clarity and depth.

What Is a Sesamoid Bone? A Clear Definition

The term “sesamoid” originates from the Latin word “sesamum,” referring to the sesame seed—a perfect analogy because sesamoid bones are typically small and seed-shaped. Unlike the long or flat bones that form the bulk of the skeleton, sesamoid bones are embedded within tendons. This distinct characteristic sets them apart anatomically and functionally.

At its core, the sesamoid bone definition anatomy describes these bones as:

- Independent bones formed inside tendons
- Located near joints, often where tendons experience considerable stress
- Serving to protect tendons and improve mechanical efficiency

The largest and most well-known sesamoid bone is the patella, or kneecap, which is embedded within the tendon of the quadriceps muscle. However, there are numerous smaller sesamoid bones scattered throughout the body, especially in the hands and feet.

Anatomy of Sesamoid Bones: Where Are They Found?

Understanding sesamoid bone definition anatomy involves knowing their common locations and anatomical context. Although sesamoid bones can theoretically form in any tendon exposed to high mechanical stress, certain areas of the body consistently feature these bones.

The Patella: The Largest Sesamoid Bone

The patella is the most prominent sesamoid bone and serves as a cornerstone example. Positioned within the quadriceps tendon, it sits in front of the knee joint, covering and protecting it. The patella's primary function is to increase the leverage of the quadriceps muscle, enhancing knee extension strength during activities like walking, running, or jumping.

Sesamoid Bones in the Hands

The hands contain several small sesamoid bones, typically found near the metacarpophalangeal (MCP) joints—the base joints of the fingers. The thumb, in particular, has two sesamoid bones embedded in the tendons of the flexor pollicis brevis and adductor pollicis muscles. These tiny bones play an essential role in increasing the mechanical advantage of thumb movements, contributing to grip strength and dexterity.

Sesamoid Bones in the Feet

In the feet, sesamoid bones are commonly found beneath the first metatarsophalangeal (MTP) joint, at the base of the big toe. Typically, there are two sesamoid bones here, called the medial and lateral sesamoids. These bones help absorb weight-bearing forces, protect tendons, and facilitate smooth movement during walking and running.

The Functional Importance of Sesamoid Bones

The sesamoid bone definition anatomy is not just about location; it also encompasses the critical functions these bones perform. Though small, sesamoid bones significantly impact joint mechanics and overall movement efficiency.

Mechanical Advantage and Force Distribution

One of the primary roles of sesamoid bones is to improve the mechanical advantage of tendons. By acting as a fulcrum point, these bones increase the leverage that muscles can exert on a joint. For example, the patella allows the quadriceps muscle to extend the knee more efficiently by increasing the angle of tendon pull.

Moreover, sesamoid bones distribute compressive forces that tendons experience when crossing joints. By doing so, they reduce friction and prevent tendon damage, which is especially important in high-impact

activities like running or jumping.

Protection of Tendons

Tendons are vulnerable to wear due to their constant movement over bony surfaces. Sesamoid bones serve as protective shields, preventing excessive pressure on tendons as they glide over joints. This protection helps maintain tendon integrity and reduces the risk of inflammation or injury.

Increasing Joint Stability

In certain joints, sesamoid bones also contribute to joint stability. By embedding within tendons, they help maintain proper alignment and tension, ensuring smooth and controlled joint movement.

Common Conditions Related to Sesamoid Bones

Understanding the sesamoid bone definition anatomy is essential for recognizing and addressing conditions that affect these bones. Despite their resilience, sesamoid bones can be subject to various problems, especially in athletes and individuals with repetitive stress on joints.

Sesamoiditis

Sesamoiditis is inflammation of the sesamoid bones and surrounding tendons, commonly affecting the sesamoids beneath the big toe. It often results from overuse, repetitive pressure, or trauma, leading to pain, swelling, and difficulty walking. Athletes like runners and dancers are particularly prone to this condition.

Fractures

Though small, sesamoid bones can fracture due to acute injury or chronic stress. Patellar fractures, for instance, can occur from direct trauma to the knee. Sesamoid fractures in the foot may be mistaken for soft tissue injuries but require proper diagnosis and treatment to heal correctly.

Osteoarthritis and Degeneration

With age or injury, sesamoid bones can develop osteoarthritis, leading to joint pain and stiffness.

Degenerative changes in these bones can affect joint function, particularly in the hands and feet, impacting daily activities.

How Are Sesamoid Bones Diagnosed and Treated?

When problems arise with sesamoid bones, proper diagnosis and treatment hinge on understanding their anatomy and function.

Diagnostic Methods

- **X-rays:** The first step in evaluating sesamoid bones, showing fractures, bone position, and abnormalities.
- **MRI and Ultrasound:** Useful for detecting soft tissue involvement, inflammation, or stress injuries not visible on X-rays.
- **CT Scans:** Provide detailed imaging of complex fractures or joint issues involving sesamoids.

Treatment Approaches

Treatment varies depending on the condition but often includes:

- **Rest and Activity Modification:** Reducing stress on the affected joint to allow healing.
- **Orthotic Devices:** Custom shoe inserts or padding to offload pressure from sesamoid bones in the feet.
- **Physical Therapy:** Strengthening surrounding muscles and improving joint mechanics.
- **Medications:** Anti-inflammatory drugs to reduce pain and swelling.
- **Surgery:** Reserved for severe cases like non-healing fractures or chronic sesamoiditis unresponsive to conservative care.

Interesting Facts About Sesamoid Bones

Delving into sesamoid bone definition anatomy reveals some intriguing aspects:

- Humans typically have more than 20 sesamoid bones scattered throughout the body, though number and

location can vary between individuals.

- Some sesamoid bones develop in response to mechanical stress and might not be present in everyone.
- In addition to the patella, other sesamoid bones are often overlooked but play vital roles in fine motor skills and weight-bearing functions.
- Certain animals have specialized sesamoid bones that aid in unique locomotion styles, highlighting the evolutionary significance of these structures.

Exploring these small bones opens a window into the complexity and adaptability of the human skeletal system.

Sesamoid bones may be tiny, but their impact on movement, joint health, and mechanical efficiency is enormous. Understanding sesamoid bone definition anatomy not only enriches our appreciation of human anatomy but also underscores the intricate ways our bodies are designed to move gracefully and withstand stress.

Frequently Asked Questions

What is the definition of a sesamoid bone?

A sesamoid bone is a small, round bone embedded within a tendon that passes over a joint, typically found where a tendon passes over a joint to protect the tendon and increase its mechanical effect.

Where are sesamoid bones commonly located in the human body?

Sesamoid bones are most commonly found in the hands and feet, particularly in the tendons of the flexor hallucis brevis muscle beneath the big toe and in the tendons of the fingers.

What is the anatomical function of sesamoid bones?

Sesamoid bones function to protect tendons from stress and wear, improve the mechanical advantage of muscles by altering the direction of tendon forces, and help in joint movement efficiency.

How do sesamoid bones develop anatomically?

Sesamoid bones develop within tendons as a response to mechanical stress, often forming through ossification in areas where tendons experience friction or pressure around joints.

What are some examples of sesamoid bones in human anatomy?

Examples include the patella (kneecap), which is the largest sesamoid bone, and the two sesamoid bones found beneath the first metatarsophalangeal joint of the foot.

Why are sesamoid bones important in clinical anatomy?

Sesamoid bones are important clinically because they can be sites of injury such as sesamoiditis or fractures, affecting joint function and causing pain, thus requiring accurate diagnosis and treatment.

Additional Resources

Sesamoid Bone Definition Anatomy: An In-Depth Exploration

Sesamoid bone definition anatomy represents a specialized area of study within human skeletal anatomy, focusing on small, embedded bones that play critical roles in joint mechanics and tendon function. Unlike the more commonly known long or flat bones, sesamoid bones are unique in their formation and functional contributions, often overlooked despite their importance in musculoskeletal health. This article delves into the anatomy, physiology, and clinical relevance of sesamoid bones, providing a comprehensive understanding for medical professionals, students, and anatomy enthusiasts alike.

Understanding Sesamoid Bones: Definition and Basic Anatomy

At its core, the sesamoid bone is defined as a small, round bone embedded within a tendon or muscle. These bones typically develop in response to strain, functioning primarily to protect tendons by reducing friction and modifying pressure as tendons pass over joints. The name "sesamoid" derives from the Greek word "sesamon," meaning sesame seed, indicative of the typical size and shape of these bones.

Anatomically, sesamoid bones are most commonly found in areas where tendons experience significant mechanical stress. The most prominent examples include the patella (kneecap), which is the largest sesamoid bone in the human body, and smaller sesamoids located in the hands and feet, especially beneath the first metatarsophalangeal joint of the foot.

Location and Distribution in the Human Body

Sesamoid bones are strategically positioned to enhance the mechanical advantage of tendons and protect them from wear. The most frequently studied sesamoid bones include:

- **Patella:** Situated within the quadriceps tendon, this large sesamoid bone improves leverage for knee extension.
- **Hand Sesamoids:** Found in the tendons of the thumb, particularly around the metacarpophalangeal joint, aiding thumb movement and grip strength.

- **Foot Sesamoids:** Located beneath the head of the first metatarsal bone, these sesamoids facilitate weight-bearing and reduce tendon stress during walking and running.

While these are the most common sites, sesamoid bones can also be found in other locations, such as the wrist, knee, and even the base of certain phalanges, though their presence and size can vary significantly among individuals.

Functional Significance of Sesamoid Bones in Musculoskeletal Mechanics

The sesamoid bone definition anatomy inherently ties these structures to their biomechanical roles. Their presence within tendons is not incidental but rather a sophisticated adaptation to optimize movement and reduce injury risk.

Mechanical Advantages

Sesamoid bones serve several mechanical functions:

1. **Force Distribution:** By altering the angle at which tendons pass over joints, sesamoid bones help distribute compressive forces more evenly, reducing localized stress.
2. **Leverage Enhancement:** They increase the leverage of tendons, amplifying muscle forces, which is especially evident in the patella's role in knee extension.
3. **Protection:** Acting as a shield, sesamoid bones protect tendons from excessive friction against bony prominences during movement.

These functions collectively contribute to smoother, more efficient joint motion and reduce the likelihood of tendon damage.

Development and Variability

Sesamoid bones are considered "accessory" bones because they are not part of the standard bone count in the

human skeleton. Their development is influenced by genetic factors and mechanical stress. In some individuals, sesamoid bones may be absent, smaller, or exhibit anatomical variations such as bipartite sesamoids (bones divided into two parts), which can sometimes be mistaken for fractures on radiographic images.

The patella, for example, ossifies from a single center but may show bipartite formation in a small percentage of the population. Similarly, sesamoids in the foot can vary in size and shape, affecting their susceptibility to injury.

Clinical Relevance: Diagnosing and Managing Sesamoid Bone Conditions

Understanding the sesamoid bone definition anatomy is crucial in clinical practice, particularly in orthopedics, podiatry, and sports medicine. Sesamoid bones, due to their location and function, are prone to specific pathologies that can impact mobility and quality of life.

Common Disorders Affecting Sesamoid Bones

- **Sesamoiditis:** An inflammatory condition typically affecting the sesamoid bones of the foot, resulting from repetitive stress or trauma. Patients often experience localized pain beneath the first metatarsophalangeal joint, especially during weight-bearing activities.
- **Fractures:** Sesamoid bones can fracture due to acute injury or chronic stress. Diagnosing fractures can be challenging due to the small size of these bones and their anatomical variants.
- **Osteoarthritis:** Degeneration of sesamoid bones, particularly the patella, can contribute to joint pain and reduced mobility.
- **Avascular Necrosis:** Reduced blood supply to sesamoid bones can lead to bone death, with the tibial sesamoid in the foot being particularly susceptible.

Imaging and Diagnostic Techniques

Accurate diagnosis of sesamoid bone pathologies relies heavily on imaging modalities such as X-rays, MRI, and CT scans. Radiographs can reveal fractures and bipartite bones, while MRI provides detailed soft tissue

contrast, identifying inflammation or necrosis. Ultrasound is also gaining traction for dynamic assessment of tendon involvement around sesamoid bones.

Treatment Approaches

Management of sesamoid bone conditions depends on the severity and nature of the pathology.

Conservative treatments often include:

- Rest and activity modification
- Orthotic devices to offload pressure
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Physical therapy focusing on tendon strengthening and flexibility

Surgical intervention may be necessary for chronic sesamoid fractures, persistent sesamoiditis, or removal of damaged sesamoid bones, although preserving these bones is generally preferred due to their functional importance.

Comparative Anatomy: Sesamoid Bones Across Species

Exploring sesamoid bone definition anatomy extends beyond humans, offering insights into evolutionary adaptations. Many vertebrates possess sesamoid bones, with variations reflecting different locomotive and behavioral demands.

For instance, in quadrupeds such as horses, sesamoid bones play vital roles in limb mechanics, supporting high-speed locomotion. The presence and morphology of sesamoids in primates mirror their grasping function and arboreal habits. Comparative studies emphasize the dynamic nature of sesamoid bones as evolutionary responses to biomechanical challenges.

Evolutionary Perspectives

The development of sesamoid bones can be viewed as an evolutionary advantage, optimizing the musculoskeletal system for increased efficiency and durability. Their presence in diverse taxa underscores

their critical role in facilitating complex movements while mitigating injury.

Understanding these evolutionary contexts enriches the clinical perspective by highlighting the functional imperatives that shape sesamoid anatomy.

Integrating Sesamoid Bone Knowledge into Clinical Practice and Research

Given their biomechanical significance and susceptibility to injury, sesamoid bones warrant careful consideration in both diagnosis and treatment planning. Advancements in imaging and surgical techniques continue to improve outcomes for patients with sesamoid-related disorders.

Future research avenues include:

- Biomechanical modeling to better understand force distribution around sesamoid bones
- Genetic studies aiming to clarify variability and predisposition to sesamoid pathologies
- Development of novel orthotics and rehabilitation protocols targeting sesamoid function

Enhancing the understanding of sesamoid bone definition anatomy not only improves clinical care but also contributes to broader knowledge about musculoskeletal health and human movement.

In summary, sesamoid bones occupy a fascinating niche within human anatomy. Their small size belies their significant impact on joint function, tendon protection, and movement efficiency. Through continuous study and clinical attention, these specialized bones reveal much about the intricate interplay between structure and function in the human body.

Sesamoid Bone Definition Anatomy

sesamoid bone definition anatomy: The Complete Idiot's Guide to Anatomy and Physiology , 2004 An extensively illustrated introduction to human anatomy and physiology emphasizes the interconnection among the various systems, organs, and functions of the human body. Original.

sesamoid bone definition anatomy: The Human Bone Manual Tim D. White, Pieter A. Folkens, 2005-11-08 Building on the success of their previous book, White and Folkens' The Human Bone Manual is intended for use outside the laboratory and classroom, by professional forensic scientists, anthropologists and researchers. The compact volume includes all the key information

needed for identification purposes, including hundreds of photographs designed to show a maximum amount of anatomical information. - Features more than 500 color photographs and illustrations in a portable format; most in 1:1 ratio - Provides multiple views of every bone in the human body - Includes tips on identifying any human bone or tooth - Incorporates up-to-date references for further study

sesamoid bone definition anatomy: *Mammalian Anatomy* Horace Jayne, 1898

sesamoid bone definition anatomy: *Mammalian Anatomy; a Preparation for Human and Comparative Anatomy* Horace Jayne, 1898

sesamoid bone definition anatomy: *The Journal of Anatomy and Physiology* , 1913

sesamoid bone definition anatomy: *Journal of Anatomy* , 1913

sesamoid bone definition anatomy: *Atlas and Text-book of Human Anatomy: Bones, ligaments, joints, and muscles* Johannes Sobotta, 1906

sesamoid bone definition anatomy: *Human Osteology* Tim D. White, Pieter A. Folkens, 2000
Introduction. Bone Biology. Anatomical Terminology. Skull. Dentition. Hyoid and Vertebrae. Thorax: Sternum and Ribs. Shoulder Girdle: Clavicle and Scapula. Arm: Humerus, Radius, Ulna. Hand: Carpals, Metacarpals, and Phalanges. Pelvic Girdle: Sacrum, Coccyx, and Os Coxae. Leg: Femur, Patella, Tibia, and Fibula. Foot: Tarsals, Metatarsals, and Phalanges. Recovery, Preparation, and Curation of Skeletal Remains. Analysis and Reporting of Skeletal Remains. Ethics in Osteology. Assessment of Age, Sex, Stature, Ancestry, and Identity. Osteological and Dental Pathology. Postmortem Skeletal Modification. The Biology of Skeletal Populations: Discrete Traits, Distance, Diet, Disease, and Demography. Molecular Osteology. Forensic Case Study: Homicide: We Have the Witnesses but No Body. Forensic Case Study: Child Abuse, The Skeletal Perspective. Archaeological Case Study: Anasazi Remains from Cottonwood Canyon. Paleontological Case Study: The Pit of the Bones. Paleontological Case Study: Australopithecus Mandible from Maka, Ethiopia. Appendix: Photographic Methods and Provenance. Glossary. Bibliography. Index.

sesamoid bone definition anatomy: *Atlas and text-book of human anatomy v. 1*, 1906
Johannes Sobotta, 1906

sesamoid bone definition anatomy: *Manual of Comparative Anatomy* Osmond Philip Breland, 1953

sesamoid bone definition anatomy: *Operative Techniques in Foot and Ankle Surgery*
Mark E. Easley, Sam W. Wiesel, 2016-08-22 Achieve the best outcomes with expert, practical, highly visual guidance! This expert clinical reference features just the foot and ankle surgery content from *Operative Techniques in Orthopaedic Surgery*, the comprehensive 4-volume set edited by Sam W. Wiesel, MD. Ideal for practitioners who wish to focus on mastering today's best foot and ankle surgery procedures, it you step-by-step through each technique in a consistent manner, using concise, bulleted text, full-color illustrations, and full-color intraoperative photographs to clearly convey exactly what to look for and how to proceed.

sesamoid bone definition anatomy: *A Laboratory manual for comparative vertebrate anatomy*
Libbie Henrietta Hyman, 1922

sesamoid bone definition anatomy: *Basic Concepts of Human Anatomy and Physiology* Dr. Laishram Santosh Singh, 2024-03-21 The book 'Basic Concepts of Human Anatomy and Physiology' is a fundamental text that covers the basic principles of anatomy and physiology. It is commonly used in introductory courses for students studying physical education and sports science, health sciences, biology, or related fields. The textbook presents complex topics clearly and engagingly, with a focus on key concepts and essential knowledge necessary to understand the structure and function of the human body. *Basic Concepts of Human Anatomy and Physiology* is an ideal starting point for anyone who wants to learn about the structure and function of the human body in various systems. This book presents a systematic and easily accessible overview of the fundamental principles in human anatomy and physiology that cater to the needs of students, healthcare professionals, and enthusiasts. It covers key topics in the field of human anatomy and physiology, including terminology, anatomical structures, and physiological functions. The book provides a

strong foundation for further investigations and research in the discipline. The text is supplemented with visual aids, diagrams, and anatomical illustrations to enhance comprehension. The utilization of these visual aids facilitates the comprehension of intricate ideas and permits the reader to perceive the spatial connections that exist within the human body.

sesamoid bone definition anatomy: --Essentials of Anatomy, Including the Anatomy of the Viscera, Arranged in the Form of Questions and Answers Charles Beylard Nancrede, 1904

sesamoid bone definition anatomy: *Essentials of Anatomy* Charles Beylard Nancrede, 1911

sesamoid bone definition anatomy: Vertebrates: Comparative Anatomy, Function, Evolution

Kenneth Kardong, 2006 This one-semester text is designed for an upper-level majors course.

Vertebrates features a unique emphasis on function and evolution of vertebrates, complete anatomical detail, and excellent pedagogy. Vertebrate groups are organized phylogenetically, and their systems discussed within such a context. Morphology is foremost, but the author has developed and integrated an understanding of function and evolution into the discussion of anatomy of the various systems.

sesamoid bone definition anatomy: **Text-book of anatomy and physiology for nurses**

Diana Clifford Kimber, 1914

sesamoid bone definition anatomy: *Handbook of Anatomy for Students of Massage* Margaret E. Björkegren, 1917

sesamoid bone definition anatomy: Mosby's Comprehensive Review for Veterinary

Technicians - E-Book Monica M. Tighe, Marg Brown, 2007-10-17 Mosby's Comprehensive Review for Veterinary Technicians, 3rd edition introduces and reviews the material in each of your veterinary technology courses. Key topics ranging from basic and clinical science, diagnostics and applications, to professional practices and issues are presented in a user-friendly outline format that is ideal whether you're a new student or you're reviewing for your certification exams. This title includes additional digital media when purchased in print format. For this digital book edition, media content is not included. Comprehensive coverage of veterinary technology spans basic and clinical sciences, applications, patient management, nursing, nutrition, anesthesia and pharmacology, as well as personal, practice and professional management skills - everything you need for both the U.S. and Canadian certification exams. Care of large animals, birds, reptiles and laboratory animals, in addition to cats and dogs, is included. Chapter outlines, learning outcomes and expanded glossaries help you comprehend and retain essential material. Summary tables are ideal for reference or review. Review questions at the end of each chapter, in addition to a 300-question comprehensive review exam, test and reinforce your knowledge of veterinary technology. Six appendixes ensure crucial resources are always at your fingertips. State-of-the-art Alternative Imaging Technology chapter discusses computed tomography and nuclear scintigraphy to complement ultrasound technology. Enhanced content highlights vet tech responsibilities in genetics, small animal nursing, veterinary dentistry, zoonoses, breeding/reproduction, neonatal care, and much more. Small animal nursing instruction now includes dermatology, auricular treatments and ophthalmology. Extended pharmacology coverage features pain management. Personal and practice management skills include expanded OSHA/WHMIS guidelines and ethics discussions.

sesamoid bone definition anatomy: **Journal of Anatomy and Physiology** , 1887

Related to sesamoid bone definition anatomy

Sesamoid bone - Wikipedia In anatomy, a sesamoid bone (/ ˈsɛsəmoɪd /) [1][2] is a bone embedded within a tendon or a muscle. [3] Its name is derived from the Greek word for 'sesame seed', indicating the small

Sesamoid bone - Structure, Location, Function, Diagram - Anatomy Sesamoid bones are small, round bones that are embedded within tendons or ligaments. [7] These bones are found in various locations throughout the body, but they are

Anatomy, Sesamoid Bones - StatPearls - NCBI Bookshelf A sesamoid bone is a small bone commonly found embedded within a muscle or tendon near joint surfaces, existing as focal areas of

ossification and functioning as a pulley to

Anatomy of Sesamoid Bone - Structure and functions, Variations Whereas most bones are joined at joints, sesamoid bones are distinct in that they are not attached to other bones. Instead, they are situated within muscles and are frequently

Sesamoid Bones - (Anatomy and Physiology I) - Vocab, Definition Sesamoid bones are small, rounded bones that are embedded within certain tendons, usually near joints. They act as pulleys, reducing friction and increasing the mechanical advantage of

Sesamoid | Radiology Reference Article | Sesamoids, also known as sesamoid bones, are focal areas of ossification within tendons as they pass over joints 1. They can also occur in ligaments and usually measure a

Sesamoid Bones - Structure, Function & Location Sesamoid bones are small, rounded bones embedded within tendons, typically near joints. Unlike other bones that are connected to other bones via joints, sesamoid bones form within tendons

Sesamoid Bones: Anatomy & Definition | StudySmarter Sesamoid bones are small, round bones embedded within tendons, most commonly found in locations where a tendon passes over a joint, such as in the hands, feet, and knees

Sesamoid bone - e-Anatomy - IMAIOS A sesamoid bone is a bone embedded within a tendon. In the knee — the patella (within the quadriceps tendon). In the hand — two sesamoid bones are commonly found in the distal

What are sesamoid bones, and why are they unique? - Bone Sesamoid bones are small, round bones that are typically found in locations where a tendon passes over a joint. The most well-known sesamoid bone in the human body is the

Sesamoid bone - Wikipedia In anatomy, a sesamoid bone (/ 'sɛsəmoɪd /) [1][2] is a bone embedded within a tendon or a muscle. [3] Its name is derived from the Greek word for ' sesame seed', indicating the small

Sesamoid bone - Structure, Location, Function, Diagram - Anatomy Sesamoid bones are small, round bones that are embedded within tendons or ligaments. [7] These bones are found in various locations throughout the body, but they are

Anatomy, Sesamoid Bones - StatPearls - NCBI Bookshelf A sesamoid bone is a small bone commonly found embedded within a muscle or tendon near joint surfaces, existing as focal areas of ossification and functioning as a pulley to

Anatomy of Sesamoid Bone - Structure and functions, Variations Whereas most bones are joined at joints, sesamoid bones are distinct in that they are not attached to other bones. Instead, they are situated within muscles and are frequently

Sesamoid Bones - (Anatomy and Physiology I) - Vocab, Definition Sesamoid bones are small, rounded bones that are embedded within certain tendons, usually near joints. They act as pulleys, reducing friction and increasing the mechanical advantage of

Sesamoid | Radiology Reference Article | Sesamoids, also known as sesamoid bones, are focal areas of ossification within tendons as they pass over joints 1. They can also occur in ligaments and usually measure a

Sesamoid Bones - Structure, Function & Location Sesamoid bones are small, rounded bones embedded within tendons, typically near joints. Unlike other bones that are connected to other bones via joints, sesamoid bones form within tendons

Sesamoid Bones: Anatomy & Definition | StudySmarter Sesamoid bones are small, round bones embedded within tendons, most commonly found in locations where a tendon passes over a joint, such as in the hands, feet, and knees

Sesamoid bone - e-Anatomy - IMAIOS A sesamoid bone is a bone embedded within a tendon. In the knee — the patella (within the quadriceps tendon). In the hand — two sesamoid bones are commonly found in the distal

What are sesamoid bones, and why are they unique? - Bone Sesamoid bones are small, round bones that are typically found in locations where a tendon passes over a joint. The most well-known

sesamoid bone in the human body is the

Related Articles

- [financial statement analysis case study solution](#)
- [a spy in the house of love author](#)
- [high school math teacher interview questions](#)

[Back to Home](#)