

*Commentary*

# Understanding the risk factors: Osteoporosis and the femur bone

Felicia Cosman\*

Department of Bone Diseases, Geneva University Hospitals, Geneva, Switzerland.

Received: 09-Nov-2022, Manuscript No. IJAP-22- 97412; Editor assigned: 11-Nov-2022, Pre QC No: IJAP-22- 97412 (PQ); Reviewed: 28-Nov-2022, QC No: IJAP-22- 97412; Revised: 05-Dec-2022, Manuscript No: IJAP-22- 97412 (R); Published: 12-Dec-2022

## ABOUT THE STUDY

The femur bone is the longest and strongest bone in the human body. It extends from the hip joint to the knee joint and is responsible for supporting the body's weight during movement. The femur bone is also known as the thigh bone and plays a vital role in the human skeletal system.

The femur bone is classified as a long bone and is composed of two parts, the shaft and the extremities. The shaft, which is the long cylindrical portion of the bone, is curved and thick in the middle, tapering towards the extremities. The proximal extremity of the femur bone is located near the hip joint, while the distal extremity is situated near the knee joint. The proximal extremity of the femur bone is made up of the head, neck, and greater and lesser trochanters. The head of the femur bone is round and articulates with the acetabulum, the socket of the hip bone, forming the hip joint. The neck of the femur bone connects the head to the shaft and is angled slightly towards the side. The greater and lesser trochanters are bony prominences located on the lateral and medial sides of the proximal femur bone, respectively. These trochanters serve as attachment sites for muscles and ligaments that are involved in hip and thigh movement.

The distal extremity of the femur bone is made up of the medial and lateral condyles, the patellar groove, and the intercondylar fossa. The medial and lateral condyles are large, rounded bony prominences that articulate with the tibia, the bone of the lower leg, forming the knee joint. The patellar groove is a shallow depression located between the condyles that serve as a guide for the patella or kneecap. The intercondylar fossa is a deep notch located between the condyles that provide space for the cruciate ligaments of the knee joint.

The femur bone is composed of dense cortical bone tissue that provides strength and support to the bone. The shaft of the femur bone is thicker in the middle, where it is subjected to greater stress and pressure during weight-bearing activities. The

extremities of the femur bone are composed of spongy bone tissue that is lighter and less dense than cortical bone. The spongy bone tissue is porous and contains bone marrow, which is responsible for producing red and white blood cells. The femur bone is supplied with blood by several arteries, including the femoral, medial and lateral circumflex, and perforating arteries. These arteries provide the bone with oxygen and nutrients, which are essential for its growth, repair, and maintenance.

The femur bone is also surrounded by several layers of connective tissue, including the periosteum, endosteum, and articular cartilage. The periosteum is a tough fibrous membrane that covers the outer surface of the bone and serves as a site for muscle attachment. The endosteum is a thin layer of connective tissue that lines the inner surface of the bone and is involved in bone growth and remodelling. The articular cartilage is a smooth, elastic tissue that covers the surfaces of the bone where it articulates with other bones. The articular cartilage helps to reduce friction and absorb shock during joint movement.

The femur bone is susceptible to a variety of injuries and conditions, including fractures, dislocations, osteoporosis, and osteoarthritis. Fractures of the femur bone are often the result of high-energy trauma, such as a car accident or a fall from a height. Dislocations of the hip joint can also result in femur bone fractures. Osteoporosis is a condition characterized by low bone density and increased susceptibility to fractures, and it can affect the femur bone as well as other bones in the body. Osteoarthritis is a degenerative joint disease that can affect the knee joint, which is formed by the articulation of the femur bone with the tibia bone.

Treatment for femur bone injuries and conditions may include rest, immobilization, physical therapy, medications, and in severe cases, surgery. Rehabilitation is an important aspect of recovery and can help to restore mobility, strength, and function to the affected limb.

\*Corresponding author. Felicia Cosman Email: [Felician20@yahoo.com](mailto:Felician20@yahoo.com)