

# spongy bone

## Definition

n. a type of bone that is light and porous. it helps make bones strong while keeping them light.

## Example Sentence

Just inside the femur's compact bone is a layer of **spongy bone**.

## More Example Sentences

This bone helps support the body's weight.

## Synonyms

cancellous bone; trabecular bone

## Antonyms

hard bone

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