

The Muscular System- HASPI Lab

Background

The main function of the muscular system is movement. This includes walking, breathing, pumping the heart, and moving food through your digestive tract, just to name a few important examples. Muscles also create heat as they contract, helping to maintain a constant body temperature. Muscle tissue makes up nearly half of an individual's total body weight. Each muscle is an individual organ made up of muscle tissue, nerves, blood vessels, and connective tissue. There are three types of muscle tissue: skeletal, cardiac, and smooth.

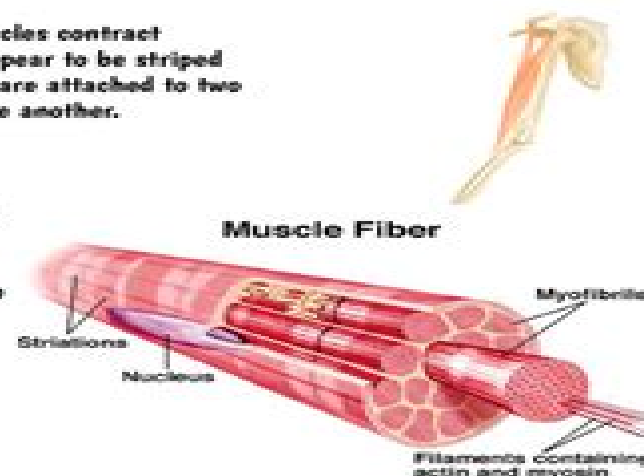


Skeletal Muscle

Approximately 650 skeletal muscles are attached to bones by tendons. Skeletal muscles contract voluntarily, meaning that you can control them consciously. Skeletal muscle cells appear to be striped under the microscope, and these stripes are called striations. Most skeletal muscles are attached to two bones over a joint. When they contract, they pull the attachment points closer to one another.

Skeletal Muscle Structure

Muscle cells, also known as myofibers, are specialized to contract and therefore look very different from neurons or skin cells. The cell membrane of a muscle cell is called the sarcolemma, and the cytoplasm is called sarcoplasm. Hundreds of long filaments, called myofibrils, extend the length of the cell. Each myofibril is made up of thick filaments, called myosin, and thin filaments, called actin, that are responsible for the actual muscle contraction. The arrangement of these filaments gives skeletal muscle its striated appearance. An entire muscle is actually made up of bundles of muscle cells held together by connective tissue.



Diagnostic Tests for Muscular Disorders

There are many tests that can be performed to assess and treat neuromuscular disorders. The following list summarizes a few common procedures.

- **Manual Muscle Test** – This is the most common test for muscular disorders and involves clinical observation to determine muscle weakness, atrophy, or paralysis.
- **Electromyography** – Records the electrical activity of a muscle during contraction and relaxation.
- **Muscle Biopsy** – A section of muscle tissue is collected to test for abnormal cellular structures.
- **Nerve Conduction Study** – Tests whether the nerve fibers for a particular portion of the body are functioning normally.

Muscular Disorders

Normal muscle function is crucial to overall health. A variety of abnormalities caused by disease or disorders can affect the ability of muscles to contract and perform daily functions. For example, paralysis of the diaphragm muscle would prevent respiration and result in death. The following table summarizes a few neuromuscular disorders. Prevalence and mortality is based on annual numbers from 2009 in the U.S.

Muscular Disorder	Description	Symptoms	Prevalence	Annual Mortality Rate
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Theodore Dimon, Jr.



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U.S. Government Research Reports, 1964 *Bibliography of Scientific and Industrial Reports*, 1964 **The Muscular System** Alvin Silverstein, Virginia B. Silverstein, 1972 Describes the human muscular system and compares it to that of other animals **The Muscular System Manual** Joseph E. Muscolino, 2002 *The Muscular System* Cheryl Jakab, 2008 **The Muscular System** Robert J. Brady Company, 1972 **20 Fun Facts about the Muscular System** Tayler Cole, 2019

Muscular System, 2000 *The Muscular System* Silverstein, 1994-09 *Muscular System* Faith Woodland, Priyanka Das, 2021 An illustrated introduction to the muscular system in the human body *Muscles* Simon Rose, 2017 Explores the characteristics and interactions of the muscular system its makeup and importance **The Muscular System Manual 3e - Text and Flashcards 2e Package** Joseph E. Muscolino, 2009-12 This money saving package includes The Muscular System Manual and The Musculoskeletal Anatomy Flashcards *The Muscular System* Jonas Edwards, 2021-08 Muscles help us move from place to place but they also help important parts of our bodies work keeping us alive and well This engaging volume helps readers of many ages and levels understand how the muscular system works from its processes to the different kinds of muscles humans have Accessible text supports lower level readers while eye catching images and interesting fact boxes emphasize key concepts related to upper elementary science curricula This informative guide makes an excellent supplement for readers studying the human body *The Muscular System Manual* Joseph E. Muscolino, 2010 Muscolino provides an introduction to muscle joint terminology and then provides complete coverage of muscle function Complex muscle anatomy relationships are easy to understand as you examine the muscles layer by layer **Anatomy in Action** Theodore Dimon, Jr., 2021-10-19 An illustrated guide to the core design principles of the body's musculoskeletal system for kinesiologists movement therapists yoga teachers dancers and bodyworkers of all kinds What does knowledge of anatomical structure have to do with preventing everyday muscular aches pains and injuries According to Dr Theodore Dimon everything Our bodies are designed to work holistically supported by an intelligently organized system of muscles bones and connective tissue So when we target problem spots by stretching relaxing or strengthening individual muscles we bypass the dynamic interconnected network that enables healthy functioning and injury prevention Understanding how this system works in action is the key In this groundbreaking guide Dr Dimon describes the basic principles that govern our bodies musculoskeletal architecture and provides practical exercises to activate specific muscle groups and demonstrate our bodies efficient holistic function Readers will learn about dynamic design and the body in action including How the musculoskeletal system works as a whole The relationship between proprioception and muscle length About maximizing spinal shoulder hip arm and leg stability and health The important role of breath and breathing About posture and musculoskeletal support With more than 300 illustrations this is an ideal resource for students and practitioners of kinesiology bodywork movement sport kinesiology dance and all readers searching for a dynamic guide to the human body **The Muscular System** Robert J.

Brady Co. (Washington, D.C.),1968 The Muscular System Greg Roza,2012-01-01 Describes the various parts of the muscular system and discusses exercise the effects of diet on the muscles muscular diseases and related topics **Muscles**

Our Muscular System Seymour Simon,1998 *The Muscular System Manual 3e - Text and Coloring Book 2e Package*

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