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.



Skeletel Musele

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.



actin and myosin

Skeletel Musele 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 Blopsy 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.

Museuler 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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