

MUSCULOSKELETAL SYSTEM

Skeletal + Muscular systems are considered one because they work together to enable us to move

- ✓ Skeletal framework gives us support and it is what the muscles are attached to, joints are the articulations between bones
- ✓ Muscle contraction pulls the bone and changes the angle of the joint
- ✓ Movement relies on the functioning of the nervous, circulatory, and respiratory systems (1) need nerve impulses to contract muscles, (2) blood supply from circulatory system, (3) oxygen from resp. system

Tissues	Functions	Bone	Effects of Aging
OF SKELETAL system: 1. Bone 2. Cartilage - covers most of joints 3. Fibrous connective tissue - ligaments that connect one bone to another OF MUSCULAR system: 1. Skeletal muscle is striated, meaning that it can be voluntarily controlled 2. Fibrous connective tissue forms tendons - tendons connect muscle to bone 3. Fascia - band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs voluntary skeletal muscle involuntary cardiac muscle involuntary smooth muscle	OF SKELETAL system: 1. Movement 2. Mineral storage 3. Produces blood cells in bone marrow 4. Protection (brain, heart, lungs) 5. Support 6. Stores and releases fat OF MUSCULAR system: 1. Heat 2. Energy 3. Movement Protects internal organs Protects internal organs Produces blood cells Stores and releases minerals Facilitates movement Supports the body	Bone Formation ✓ Osteoblasts ○ Cells that form new bone ✓ Osteocytes ○ Mature bone cell that turns over bone mineral and assists in repair ○ Remodeling & repair ✓ Osteoclasts ○ Secretes acids and enzymes to dissolve/break down bone matrix Bone Marrow: ✓ Red ○ Manufactures blood cells and hemoglobin ○ Produces RBC's, WBC's, platelets ○ Occurs inside spongy bones ○ Gets its red color due to the hemoglobin present in the RBC's ○ Occurs in the skull, ribs, spine, shoulder blades, pelvis, end of long bones ✓ Yellow ○ Primarily contains fat cells and connective tissue ○ Occurs inside compact bones ○ Produces fat cells, cartilage, bones ○ Produces blood cells when needed ○ Occurs in the marrow cavity of long bones ○ Gradually replaces the red bone marrow as people grow older	✓ Calcium in bones is dependent on good nutrition & age ○ estrogen & testosterone maintain strong bone ○ women after menopause lose more calcium than is replaced, so they need to take calcium supplements ✓ Weight-bearing joints are subject to damage ○ Knees, ankles, hips ○ Cartilage wears down, which causes pain & stiffness ✓ Muscle strength declines Red marrow Yellow marrow 10 years old 40 years old

Musculoskeletal Study Guide

H Kauffman



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Table of Contents Musculoskeletal Study Guide

1. Understanding the eBook Musculoskeletal Study Guide
 - The Rise of Digital Reading Musculoskeletal Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Musculoskeletal Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Musculoskeletal Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Musculoskeletal Study Guide
 - Personalized Recommendations
 - Musculoskeletal Study Guide User Reviews and Ratings
 - Musculoskeletal Study Guide and Bestseller Lists
5. Accessing Musculoskeletal Study Guide Free and Paid eBooks
 - Musculoskeletal Study Guide Public Domain eBooks

- Musculoskeletal Study Guide eBook Subscription Services
- Musculoskeletal Study Guide Budget-Friendly Options
- 6. Navigating Musculoskeletal Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Musculoskeletal Study Guide Compatibility with Devices
 - Musculoskeletal Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Musculoskeletal Study Guide
 - Highlighting and Note-Taking Musculoskeletal Study Guide
 - Interactive Elements Musculoskeletal Study Guide
- 8. Staying Engaged with Musculoskeletal Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Musculoskeletal Study Guide
- 9. Balancing eBooks and Physical Books Musculoskeletal Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Musculoskeletal Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Musculoskeletal Study Guide
 - Setting Reading Goals Musculoskeletal Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Musculoskeletal Study Guide
 - Fact-Checking eBook Content of Musculoskeletal Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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