

# Muscular system

Muscles are soft tissues composed of tubular cells called myocytes

Half of the body weight is muscle tissue. Male – 40% & female – 32%




## Properties of muscles

1. Contractibility: muscle pulls & shorten with force
2. Excitability: from polarized to depolarized
3. Elasticity: return to original length during relaxation
4. Extensibility: can stretch or extend

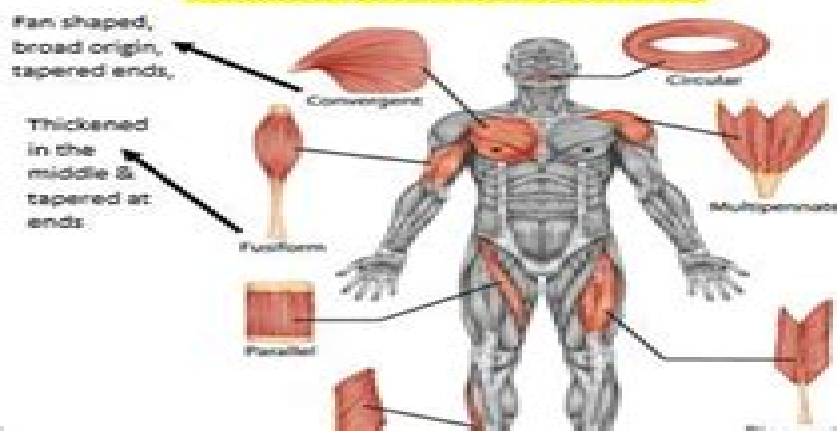
## Functions of Muscles

- 1) Produce movement
- 2) Maintain posture
- 3) Stabilize joints
- 4) Produce heat

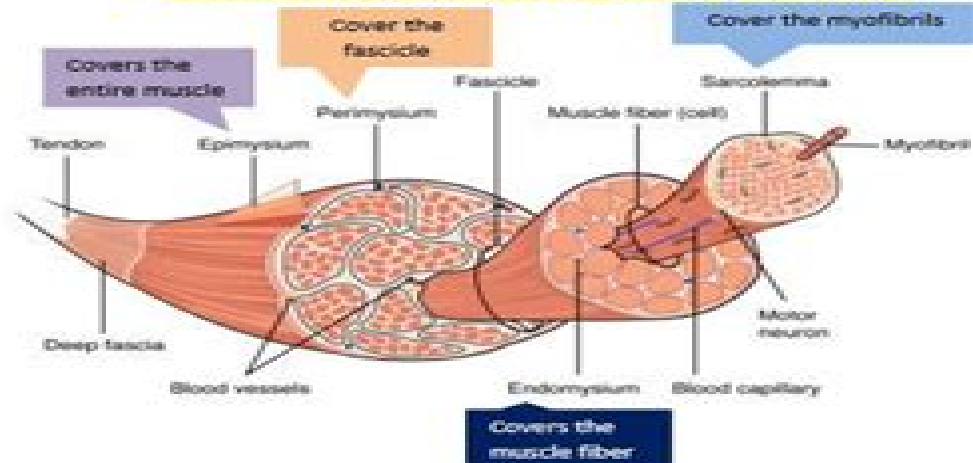
## Types of muscles

	Main features	Histology
<b>Skeletal muscle</b>	<ul style="list-style-type: none"> <li>Fibers: striated, tubular and multi nucleated</li> <li>Voluntary</li> <li>Usually attached to skeleton</li> </ul>	
<b>Smooth muscle</b>	<ul style="list-style-type: none"> <li>Fibers: non-striated, spindle-shaped, and uninucleated</li> <li>Involuntary</li> <li>Usually covering wall of internal organs</li> </ul>	
<b>Cardiac muscle</b>	<ul style="list-style-type: none"> <li>Fibers: striated, branched and uninucleated</li> <li>Involuntary</li> <li>Only covering walls of the heart</li> </ul>	

## Classification of muscles



## Connective Tissue Layers of Muscle

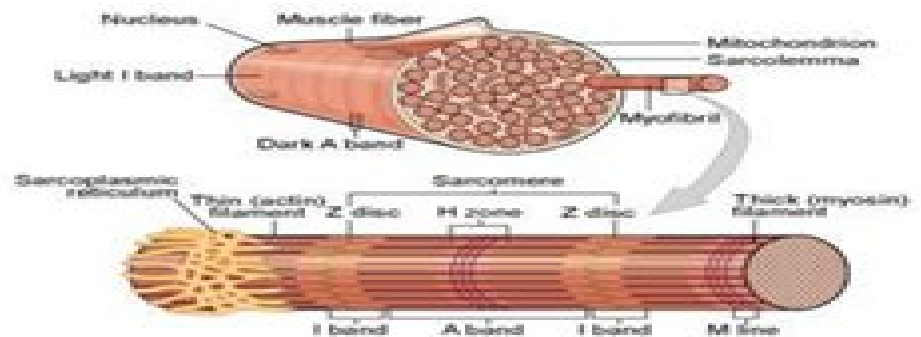


## Muscle Fiber

Muscle Fiber: a single cylindrical muscle cell

Myofibril: a basic rod-like organelle of a muscle cell.

Sarcomere: the basic contractile unit of muscle fiber exists from Z-line to Z-line. It is responsible for striation.



**A band:** dark band (overlapping thick & thin filaments)

**I band:** light band (Thin filaments only)

**Z disc:** the lateral borders of sarcomeres and are the smallest functional units in striated muscle.

**H zone:** is in the center of the A band where there is no overlap between the thick and the thin filaments.

**M line:** attachment site for the thick filaments

# Muscular Skeletal Systems Study Guide

**Evelyn Biluk**



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**The Massage Connection** Kalyani Premkumar,2004 This textbook is focused on the anatomy and physiology needs of massage therapy students and practitioners It gives extensive coverage of the major body systems integumentary skeletal muscular and nervous crucial for massage therapy It also provides an overview of other body systems so students have a well rounded understanding of anatomy and physiology Midwest

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,2007 A folding study guide that takes the Anatomical Chart Company's most popular anatomical images and puts them in a durable portable format that is perfect for the on the go student

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*Study Guide to Accompany Structure and Function of the Body* Linda Swisher, Gary A. Thibodeau, 2003-11 This comprehensive resource provides a variety of exercises for readers to apply and test their knowledge It contains matching fill in the blanks crossword puzzles word find unscramble the word application questions diagrams and page number references in the answer key December 2003

**A Laboratory Manual and Study Guide for Anatomy and Physiology** Kenneth G. Neal, Barbara H. Kalbus, 1976

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*Student Study Guide to Accompany Human Biology* Sylvia S. Mader, 2003-08 This best selling text emphasizes the relationship between humans and other living things Intended for an introductory course this text provides students with a firm grasp of how their bodies function and how the human population can become more fully integrated into the biosphere An Online Learning Center tied directly to the text via icons will direct students to activities or animations that gives a visual example of difficult processes as well as Working Together boxes to emphasize homeostasis

**Integrated Science for Health Students** T. Randall Lankford, 1979

A Textbook of Anatomy and Physiology Jesse Feiring Williams, 1929

**Peterson's Annual Guides/graduate Study** Peterson's Guides, Inc, 1982

*The Comparative Physiology of Muscular Tissue* Arthur David Ritchie, 1928

**Films and Other Materials for Projection** Library of Congress, 1973

Anatomy & Physiology for Speech, Language, and Hearing John A. Seikel, Douglas W. King, David G. Drumright, 2005 Revised and updated with a vibrant new two color interior design this third edition of the best selling Anatomy and Physiology of Speech Language and Hearing continues to make anatomy and physiology accessible to the reader While organized around the classical framework of speech language and hearing systems anatomy and physiology components are treated separately to facilitate learning Clinical information is integrated with everyday experiences to underscore the relevance of anatomy and physiology to communication sciences Accompanied by the new Anatesse CD ROM which offers interactive learning materials self study tests diagrams animations and more this book provides the user with everything needed to master the content This exciting new edition is a must have comprehensive book on the science critical to understanding speech language swallowing and hearing systems

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