

MUSCULAR SYSTEM

The muscular system is composed of specialized cells called muscle fibers. Their predominant function is contractibility. Muscles, attached to bones or internal organs and blood vessels, are responsible for movement. Nearly all movement in the body is the result of muscle contraction.

FUNCTIONS

Movement

- Skeletal muscles pull on the bones causing movements at the joints.
- Skeletal muscles pull on the soft tissues of the face causing facial expressions.
- Movement caused by the respiratory muscles enables breathing.

Support

- Muscles of the body wall support the internal organs.
- As these muscles lose their tone, the internal organs of the abdominal-pelvic cavity may bulge outward as seen in some individuals as they age.

Heat generation

- Heat is a waste product of muscle metabolism, which helps maintain an internal body temperature of 98.6 F.
- Shivering is a mechanism of the muscular system that generates heat to warm an overly cooled body.



Blood circulation

- Cardiac muscles aid pumping action of the heart by aiding blood circulation.

Protection

Skeletal muscles, particularly of the body wall, cushion the body's internal organs (abdominal cavity) from force applied to the exterior of the body.

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O García



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Warman's Physical Training, Or The Care of the Body Edward Barrett Warman, 1889 **The Encyclopædia of Face and Form Reading** Mary Olmstead Stanton, 1913 **Just the Facts: Life Science, Grades 4 - 6** Steve Rich, 2007-06-11

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The American Journal of Electrotherapeutics and Radiology , 1923 English Mechanic and Mirror of Science and Art , 1888 *Science News-letter* , 1928

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web he held ma and phd degrees in clinical psychology from columbia university and was certified by the american board of professional psychology abpp he also founded and was the president of the new york city based albert ellis institute 1