

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

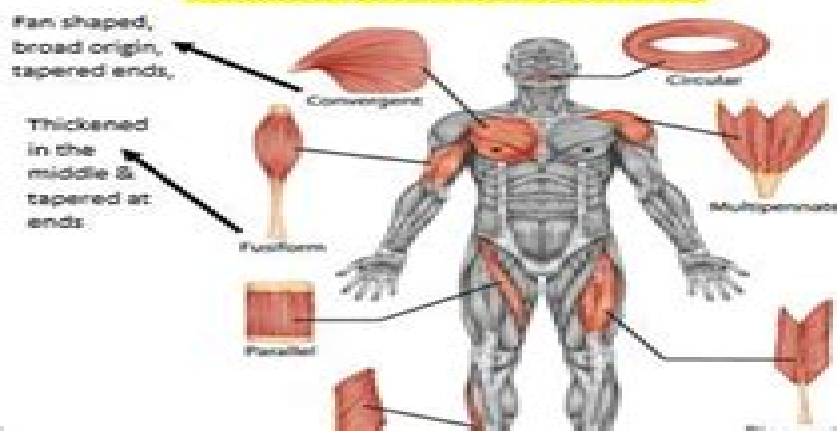
Functions of Muscles

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

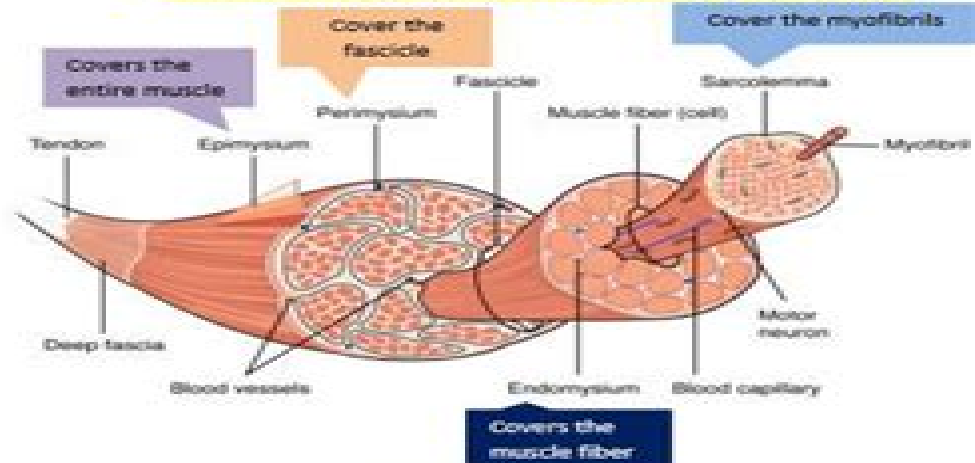
Types of muscles

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

Classification of muscles



Connective Tissue Layers of Muscle

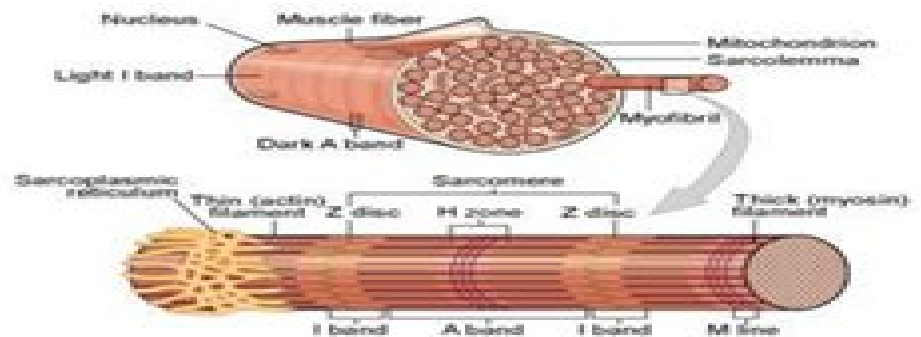


Muscle Fiber

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

Study Guide For The Musculoskeletal System

Judy Kronenberger, Julie Ledbetter



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TEXES Core Subjects 4-8 (211) Book + Online, 2nd Ed. Ann M.L. Cavallo, Karen Allmond, Mary D. Curtis, Marci Smith Deal, Christina Gawlik, Candace Joswick, Melissa Hulings, Kathleen C. Tice, 2023-01-03 REA's TExES Core Subjects 4 8 211 Test Prep with Online Practice Tests Gets You Certified and in the Classroom Teacher candidates seeking certification to teach the middle level grades in Texas's public schools must pass the TExES Core Subjects 4 8 exam Written by a team of faculty experts led by Dr Ann M L Cavallo Associate Dean for Research and Graduate Studies at the University of Texas at Arlington REA's test prep provides extensive coverage of the four core subject areas tested on the exam English Language Arts and Reading 806 Mathematics 807 Social Studies 808 and Science 809 In addition to a thorough review this test prep features a diagnostic test and 2 full length practice test batteries 1 in the book and 1 online at the REA Study Center that deal with every question type competency and skill tested on the exam REA's online tests run under timed conditions and provide automatic scoring and diagnostic feedback on every question to help teacher candidates zero in on the topics that give them trouble now so they can succeed on test day The new 200 question Core Subjects test one of the largest of its kind in the United States was first administered in January 2015 it replaced the TExES Generalist 4 8 111 exam REA's test prep package includes Comprehensive review of all domains and content categories tested on the TExES Core Subjects 4 8 exam Online diagnostic that pinpoints strengths and weaknesses to help focus study 2 full length practice test batteries based on actual exam questions Practice test answers explained in detail Proven study tips strategies and confidence boosting advice Online practice tests feature timed testing automatic scoring and topic level feedback REA's TExES Core Subjects 4 8 211 is a must have for anyone who wants to become a middle school teacher in Texas **TEXES Core Subjects EC-6 (391) Book + Online** Luis A. Rosado, Ann M.L. Cavallo, Diane M. Lange, Larry P. Nelson, Kathleen C. Tice, Dean Ferguson, Jason Wardlaw, 2022-12-21 Targeted Review Covers all five TExES Core Subjects EC 6 391 exams English Language Arts and Reading 901 Mathematics 902 Social Studies 903 Science 904 Fine Arts Health and Physical Education 905 Expert Test Taking Strategies Get practical score raising advice from our Texas based test experts Online Diagnostic Tests Get feedback on where you stand right from the start Topic level score reports pinpoint your strengths and weaknesses and show you where to focus your study 2 Full Length Practice Tests Balanced to include every type of question you can expect on the actual TExES Core Subjects EC 6 391 test so you'll be confident and prepared on test day Book jacket [Study Guide for Jones & Bartlett Learning's Comprehensive Medical Assisting](#) Judy Kronenberger, Julie Ledbetter, 2023-01-09 Master your course with the practice and hands on activities that will help you get ready for the medical office In this new edition of Study Guide for Jones Bartlett Learning's Comprehensive Medical Assisting the exercises and activities align with the most current Medical Assisting Education Review Board MAERB of the American Association of Medical Assistants AAMA curriculum standards The Study Guide is divided into sections that coincide with the textbook and includes exercises that reinforce the

knowledge and skills required of all Medical Assistants

Basic Biomechanics of the Musculoskeletal System

Margareta Nordin, Victor H. Frankel, 2021-03-10 Clinically focused clearly written and vibrantly illustrated this introductory text equips students with a working knowledge of the force motion relationship within the musculoskeletal system and the use of biomechanical principles in the evaluation and treatment of musculoskeletal dysfunction in clinical settings Content progresses logically introducing the basic terminology and concepts of biomechanics and providing focused perspectives on the biomechanics of tissues and structures the biomechanics of joints and applied biomechanics with case studies throughout to integrate biomechanical knowledge into clinical training for patient care This updated 5th Edition of Basic Biomechanics of the Musculoskeletal System highlights the global relevance of musculoskeletal biomechanics and features new full color images that demonstrate biomechanical movement with vivid detail *Illustrated Study Guide for the NCLEX-PN® Exam - E-Book* JoAnn Zerwekh, 2020-12-24 Testing Strategies for the NCLEX PN Examination chapter addresses the challenges of the Next Generation NCLEX and provides targeted strategies for success UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 2 000 review questions on the companion Evolve website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs Examples of Next Generation NCLEX style questions on the companion Evolve website familiarize you with these new types of questions Answers and rationales are provided for all review questions Test Alert boxes highlight key concepts frequently found on the NCLEX examination Alternate item format questions on the companion Evolve website prepare you for these question types on the NCLEX examination UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination **Illustrated Study Guide for the NCLEX-RN® Exam 8** JoAnn Zerwekh, 2012-11-13 It s a fun visual review for the NCLEX Illustrated Study Guide for the NCLEX RN Exam 8th Edition covers all the nursing concepts and content found on the latest NCLEX RN examination A concise outline format makes studying easier and 2 300 NCLEX exam style review questions including alternate item formats are included to test your knowledge at the end of each chapter and on the Evolve companion website Written by NCLEX expert JoAnn Zerwekh this study guide uses colorful illustrations and mnemonic cartoons to help you remember key concepts for the NCLEX RN exam UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Electronic alternate item format questions

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Health Assessment in Clinical Practice Kenneth R. Burns,Patricia J. Johnson,1980 **Musculoskeletal System** Marlène Blouin,2008-01-01 **Skeletal System II (Speedy Study Guides)** Speedy Publishing LLC,2014-07-04 The skeletal system is the network of bones that make up the support structure of the human body Knowing where each of these bones is within the body can be the difference between life and death in an emergency situation This is why owning a reference guide to the skeletal system can be incredibly beneficial If a person sustains an injury it can greatly aid emergency workers if those involved can specify what bones may or may not be broken **Skeletal System** Speedy Publishing,2014-09-02 Depending on your career options the skeletal system can be a very crucial part of daily responsibilities at work For example one that studied sports or physical therapy will have to know everything about the body and its internal mechanisms in order to determine the best course of action in the case of injuries of any kind or accidents It is not just doctors that need to know such things and in an ever increasing world of initiative and capitalism self education can prove very helpful in moving on to new career options or simply knowing what to do in an emergency situation **The Musculoskeletal System** Frank C. Wilson,1983 **Medical Terminology: Skeletal System Speedy Study Guides** Speedy Publishing,2014-07-18 A pamphlet on your skeletal system would be able to help medical students understand what the skeletal system is and what the term refers to A pamphlet of this kind would dispel many of the misconceptions Contrary to most people s definitions the skeletal system is not just your bones In fact the skeletal system is all of the tendons ligaments and the cartilage that connect the bones together as well as the bones themselves that comprise our skeleton Musculoskeletal Manual Medicine Jirí Dvořák,2008 Written by the authors of the popular Manual Medicine Diagnostics and Manual Medicine Therapy this book is a comprehensive guide to integrating manual medicine into the diagnosis and clinical management of musculoskeletal disorders and pain syndromes Brimming with instructive images and illustrations the book provides a solid foundation in

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