

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

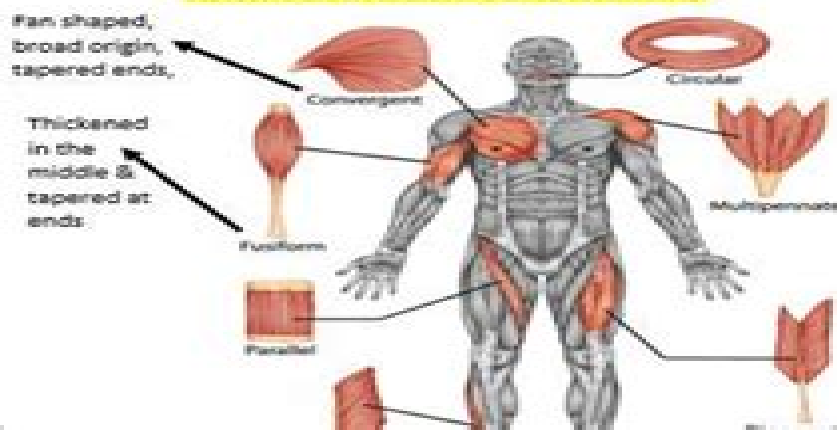
Functions of Muscles

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

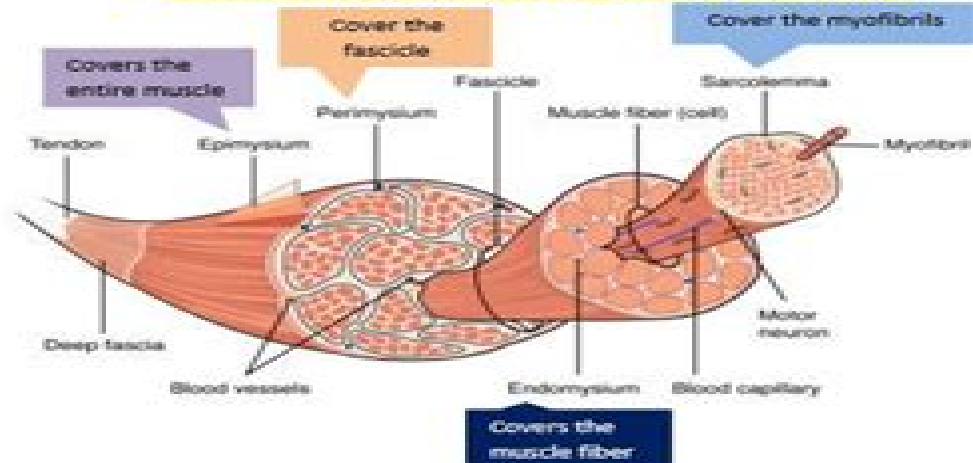
Types of muscles

	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

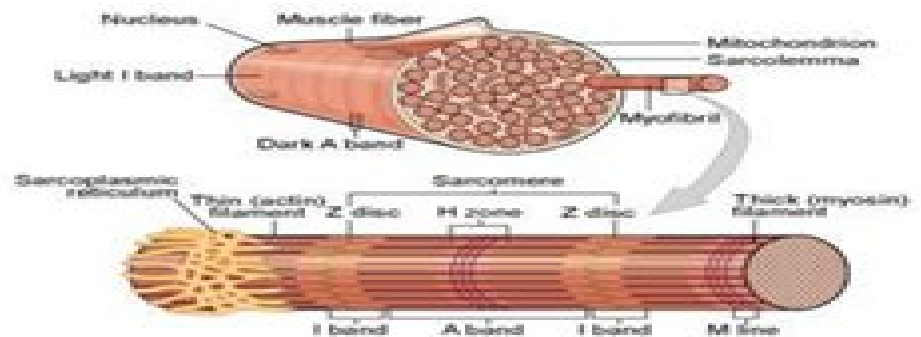


Muscle Fiber

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

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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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