

4.2 Muscles Study Guide by Hisrich

4.2. a How do muscles assist with movement of the body and of substances around the body?

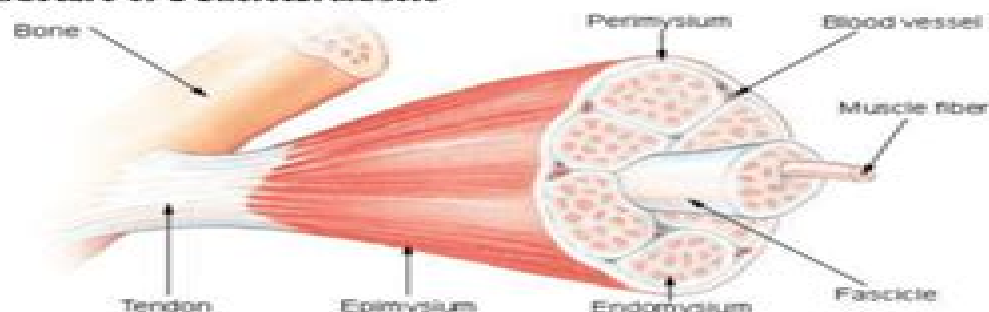
Our **muscles** are what allow all movement of our bodies (and within our bodies). They help us involuntarily by helping food move down the esophagus and into the stomach (peristalsis) and helping blood move through our bodies (the heart is a muscle). They also help us move our bodies voluntarily from place to place (the muscles in our limbs). Our bodies each have about 650 muscles & are ~ 50% muscle by weight!

4.2. b How do the structure and function of the three types of muscle tissue compare?

Cardiac	Skeletal	Smooth
They are striated muscle fibers form the wall of the heart & function involuntarily.	They are attached to bone, mostly in the legs, arms, abdomen, chest, neck and face. They are striated muscle fibers (lined under microscope) & attach to bone by a tendon. They hold the skeleton together and give the body shape. They are voluntary (we control them) and contract quickly and powerfully), but they tire easily.	They are smooth (not striated) & are controlled automatically by our nervous system. They are also called "involuntary" muscles. They make up the walls of the stomach and intestine to help break down and move food. They also line the walls of blood vessels. They take longer to contract than skeletal muscles, but also don't tire as easily.

4.2.c How are muscle fibers and membranes organized to form a whole skeletal muscle?

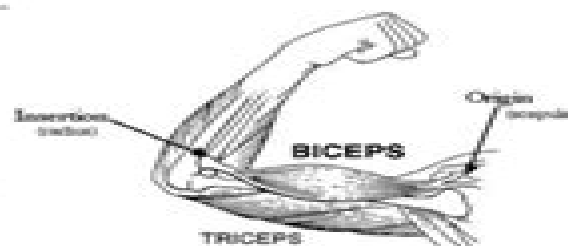
Structure of a Skeletal Muscle



The **epimysium** ("upon muscle") is the outermost layer of connective tissue. The **perimysium** ("around muscle") is made of connective tissue and forms casings for bundles of muscle fibers. The **endomysium** ("within muscle") is connective tissue surrounding each individual muscle fiber. Each **fascicle** is a small cluster of muscle fibers, with **endomysium** between the individual fibers. Blood vessels run between the **fascicles**, bringing the tissue nutrients & removing waste. Nerves also run throughout, controlling the movement of the muscles. Together, the network of nerves and blood vessels are referred to as the **plexus**.

4.2.e How are muscles named? 4.2.d What do skeletal muscle structure and attachment to bones tell you about function?

Several factors are considered when naming a muscle, including **1) Location** (EX: tibialis anterior is on the front of the tibia) **2) Shape** (EX: deltoid "resembles" (- old) a "triangle" (delt)) **3) Points of attachment** (EX: sternocleidomastoid—the muscle attaches to the sternum and the tendons attach to the mastoid process of the skull.) **4) Relative size** (EX: gluteal or "rump" region – the gluteus maximus is bigger and the gluteus minimus smaller). **5) Number of muscle "heads"** or divisions (EX: Biceps means "two-headed" and has two divisions) **6) Direction of muscle fibers** (EX: the rectus abdominis muscle is located in the front of the abdomen and its fibers are oriented in a "straight" (rect), vertical direction). **7) Association with characters** (EX: sartorius means "presence of" (-us) a "tailor" (sartori)! Tailors used to sit cross-legged upon the ground. The sartorius is actually located along the inner aspect of each thigh. Thus, when it contracts, it flexes (bends) the lower leg like an ancient tailor.



Muscles each have an **insertion**, where they attach to the moveable bone and an **origin**, where they attach to the stationary bone.

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