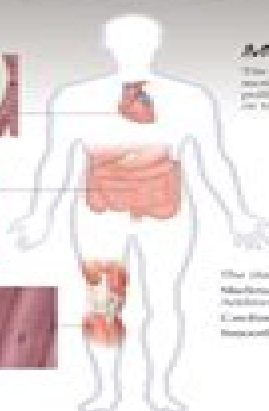




# PHYSIOLOGY SERIES

## Muscle Action



### Muscles of the body

The muscular system consists of both the skeletal system to allow a wide variety of motions, including bending, sitting and standing, flexing, extending, or shrugging, pulling structures together. Muscles can attach to bones through a tendon, or else to other muscles.

### Muscle action—smiling

The end of a facial muscle, the zygomatic major, attaches to the corner of the mouth. When the muscle contracts, the corner of the mouth turns diagonally towards the cheek and the side. Another aspect of smiling is the contraction of the orbicular oris muscle, causing the skin under the eye to wrinkle.

### Muscle types

There are three types of muscle: cardiac, smooth and skeletal. **Cardiac muscle** provides the power that enables us to pump under continuous control. **Skeletally striated muscle** provides the force needed to move various blood back to the heart. **Smooth muscle** provides the overall force to move the blood through the muscular system. **Smooth muscle** moves urine and feces through the digestive system.



### Skeletal muscle action

A skeletal muscle works by contracting, resulting in pulling force through a tendon connected to bone. In flexion, the biceps brachii muscle contracts and the longer brachii muscle relaxes, moving the lower arm upward. The muscle that produces the action is called the **agonist**, and the opposing muscle is called the **antagonist**. This movement is resisted by the action of an opposing muscle. When the lower arm is extended, the longer brachii muscle becomes the **agonist**, and the biceps brachii muscle acts as the **antagonist**.



### Lever



Class 1 lever



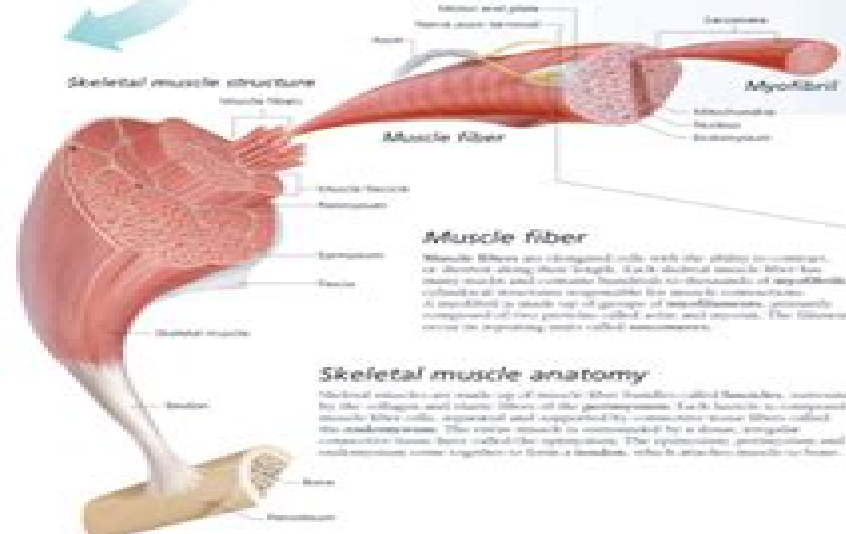
Class 2 lever



Class 3 lever

Bones are classed as levers on a fixed point, or fulcrum. Force is applied against a load on a weight. A bone, composed of muscle and bone as a point, can change the direction, speed and distance of movement. Class 1 levers change the direction of the bone, and act as a fulcrum. Class 2 levers can move a larger load, but both speed and distance are reduced. Class 3 levers move the weight in the same direction as the bone. The gain in distance traveled and speed, but loss of force is required.

### Skeletal muscle structure



### Muscle fiber

Muscle fibers are elongated cells with the ability to contract, or shorten along their length. Each skeletal muscle fiber has many nuclei and contains hundreds to thousands of myofibrils. Myofibrils are composed of repeating units called sarcomeres. The sarcomere is the repeating unit of the myofibril.

### Skeletal muscle anatomy

Muscle fibers are made up of smaller fibers called myofibrils, surrounded by the collagen and elastic fibers of the perimysium. Each fiber is composed of muscle fiber cells, separated and supported by connective tissue fibers called the **endomysium**. The entire muscle is surrounded by a dense, irregular connective tissue layer called the **epimysium**. The epimysium, perimysium and endomysium come together to form a **tendon**, which attaches muscles to bones.

### At rest



### Contracting



### Sliding filament theory

The sliding filament theory describes the mechanism of muscle contraction. In a sarcomere the proteins actin is bound to thin filaments, and the myosin protein is on thick filaments. The myosin molecules have a head and an attached tail. During a contraction the myosin heads attach to the actin filaments, then lift, pulling the thin filaments towards the myosin center. The myosin heads release, then attach to the next protein on the actin filament.

### Axon terminal



### Neuromuscular synapse

Muscles contract when a signal from the nervous system travels through a motor neuron (a type of nerve cell) to a muscle cell. The motor neuron carries the message to an **axon terminal**, or **synaptic bulb**. At the synaptic bulb, the nerve cell releases the **neurotransmitter** into the **synaptic cleft**. The neurotransmitter travels across the gap and binds to receptors on the muscle cell membrane, transferring the impulse to the muscle cell.

The effects of neurotransmitters are short-lived, because the cleft has to be cleared first before action. The neurotransmitter molecules are either broken down by enzymes (acetylcholinesterase and monoamine oxidase) or reabsorbed (serotonin).

# Muscles In Action Activity Guide

**Clemens Wendtner**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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