

## MUSCULOSKELETAL SYSTEM

Skeletal + Muscular systems are considered one because they work together to enable us to move

- ✓ Skeletal framework gives us support and it is what the muscles are attached to, joints are the articulations between bones
- ✓ Muscle contraction pulls the bone and changes the angle of the joint
- ✓ Movement relies on the functioning of the nervous, circulatory, and respiratory systems (1) need nerve impulses to contract muscles, (2) blood supply from circulatory system, (3) oxygen from respiratory system

Tissues	Functions	Bone	Effects of Aging
<p><b>OF SKELETAL system:</b></p> <ol style="list-style-type: none"> <li>1. Bone</li> <li>2. Cartilage <ul style="list-style-type: none"> <li>- covers most of joints</li> </ul> </li> <li>3. Fibrous connective tissue <ul style="list-style-type: none"> <li>- ligaments that connect one bone to another</li> </ul> </li> </ol> <p><b>OF MUSCULAR system:</b></p> <ol style="list-style-type: none"> <li>1. Skeletal muscle is <b>striated</b>, meaning that it can be <b>voluntarily</b> controlled</li> <li>2. Fibrous connective tissue forms tendons <ul style="list-style-type: none"> <li>- tendons connect muscle to bone</li> </ul> </li> <li>3. <b>Fascia</b> - band or sheet of connective tissue, primarily collagen, beneath the skin that attaches, stabilizes, encloses, and separates muscles and other internal organs</li> </ol> <div data-bbox="77 756 463 1270"> <p><b>voluntary</b> skeletal muscle</p> <p><b>involuntary</b> cardiac muscle</p> <p><b>involuntary</b> smooth muscle</p> </div>	<p><b>OF SKELETAL system:</b></p> <ol style="list-style-type: none"> <li>1. Movement</li> <li>2. Mineral storage</li> <li>3. Produces blood cells in bone marrow</li> <li>4. Protection (brain, heart, lungs)</li> <li>5. Support</li> <li>6. Stores and releases fat</li> </ol> <p><b>OF MUSCULAR system:</b></p> <ol style="list-style-type: none"> <li>1. Heat</li> <li>2. Energy</li> <li>3. Movement</li> </ol> <div data-bbox="511 656 917 1285"> <p>Protects internal organs</p> <p>Protects internal organs</p> <p>Produce blood cells</p> <p>Store and release minerals</p> <p>Facilitates movement</p> <p>Supports the body</p> </div>	<p><b>Bone Formation</b></p> <ul style="list-style-type: none"> <li>✓ <b>Osteoblasts</b> <ul style="list-style-type: none"> <li>○ Cells that form new bone</li> </ul> </li> <li>✓ <b>Osteocytes</b> <ul style="list-style-type: none"> <li>○ Mature bone cell that turns over bone mineral and assists in repair</li> <li>○ Remodeling &amp; repair</li> </ul> </li> <li>✓ <b>Osteoclasts</b> <ul style="list-style-type: none"> <li>○ Secrete acids and enzymes to dissolve/break down bone matrix</li> </ul> </li> </ul> <p><b>Bone Marrow:</b></p> <ul style="list-style-type: none"> <li>✓ <b>Red</b> <ul style="list-style-type: none"> <li>○ Manufactures blood cells and hemoglobin</li> <li>○ Produces RBC's, WBC's, platelets</li> <li>○ Occurs inside spongy bones</li> <li>○ Gets its red color due to the hemoglobin present in the RBC's</li> <li>○ Occurs in the skull, ribs, spine, shoulder blades, pelvis, end of long bones</li> </ul> </li> <li>✓ <b>Yellow</b> <ul style="list-style-type: none"> <li>○ Primarily contains fat cells and connective tissue</li> <li>○ Occurs inside compact bones</li> <li>○ Produces fat cells, cartilage, bones</li> <li>○ Produces blood cells when needed</li> <li>○ Occurs in the marrow cavity of long bones</li> <li>○ Gradually replaces the red bone marrow as people grow older</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Calcium in bones is dependent on good nutrition &amp; age <ul style="list-style-type: none"> <li>○ estrogen &amp; testosterone maintain strong bone</li> <li>○ women after menopause lose more calcium than is replaced, so they need to take calcium supplements</li> </ul> </li> <li>✓ Weight-bearing joints are subject to damage <ul style="list-style-type: none"> <li>○ Knees, ankles, hips</li> <li>○ Cartilage wears down, which causes pain &amp; stiffness</li> </ul> </li> <li>✓ Muscle strength declines</li> </ul> <div data-bbox="1391 628 1777 1270"> <p>Red Marrow</p> <p>Yellow Marrow</p> <p>Younger</p> <p>Older</p> <p>Older</p> <p>Older</p> </div>

# Musculoskeletal System Physiology Study Guide

**C Cleary**



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