

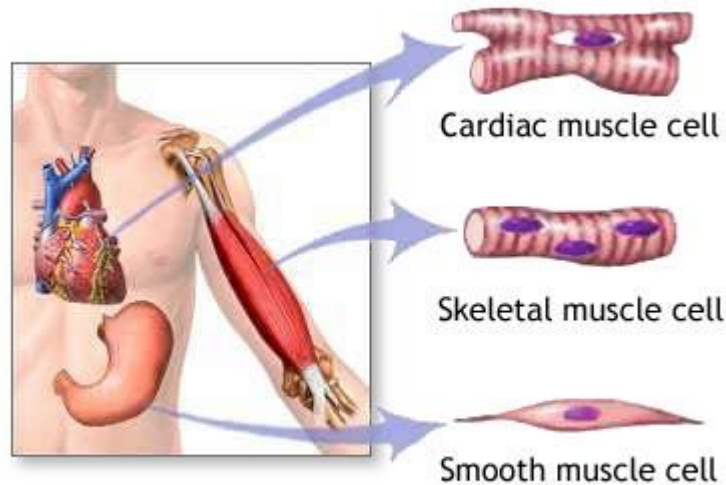


Muscles



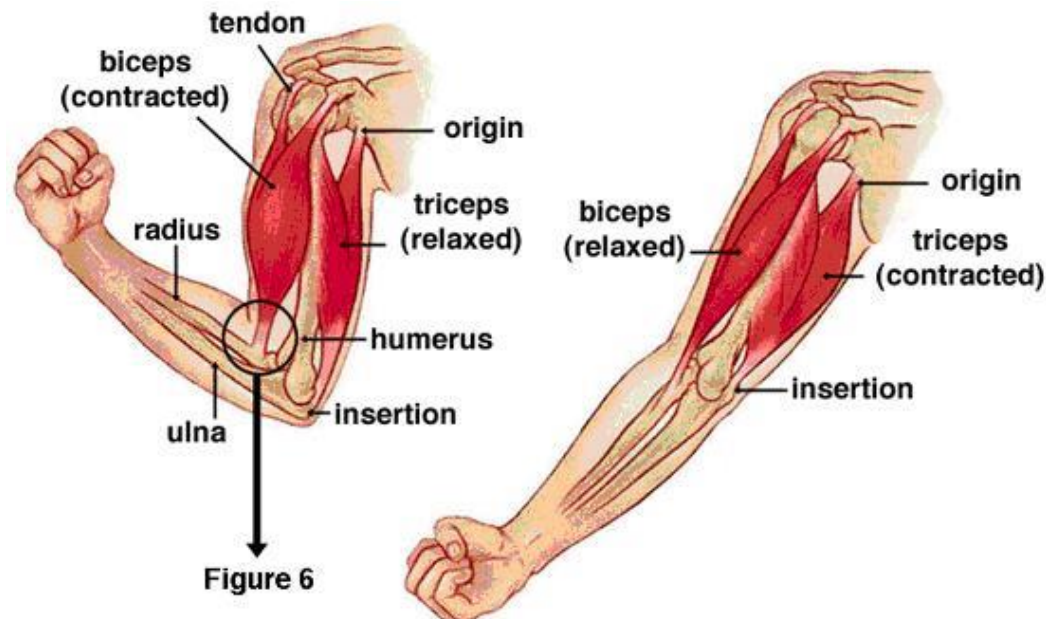
Muscles

- An organ that can move parts of our body or help us perform functions such as breathing or digesting
- Muscles can be voluntary or involuntary



How Muscles Work

- Muscles can either contract (get shorter) or relax (get longer)
- Muscles work in pairs with one muscle shortening while the other lengthens



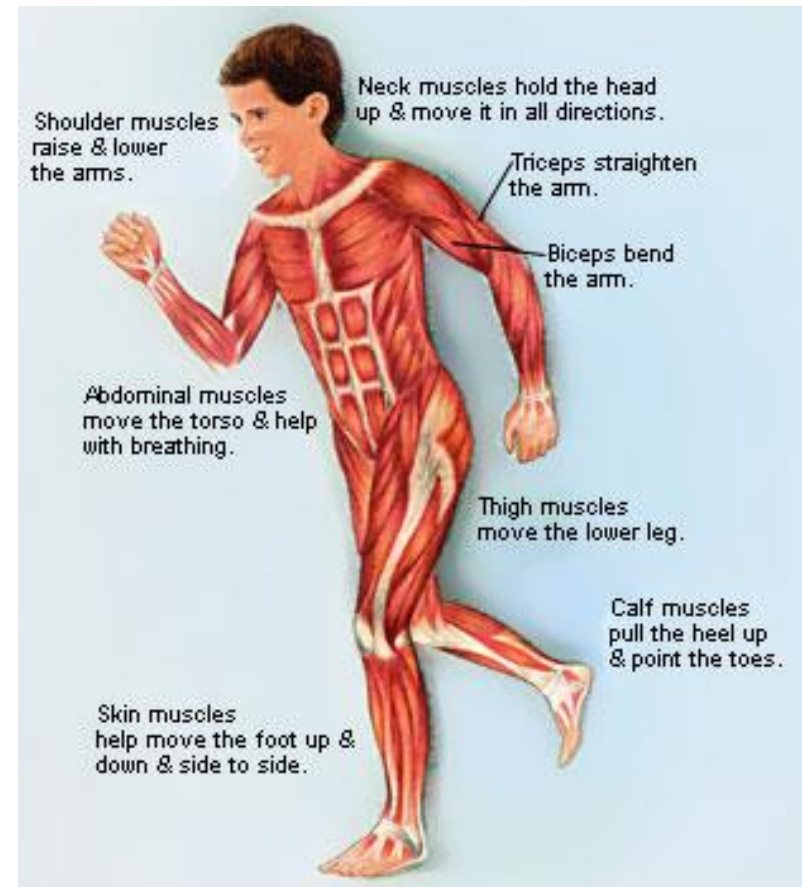
Voluntary or Skeletal Muscles

- Muscles you can normally control
- Under a microscope these muscles look striped or striated



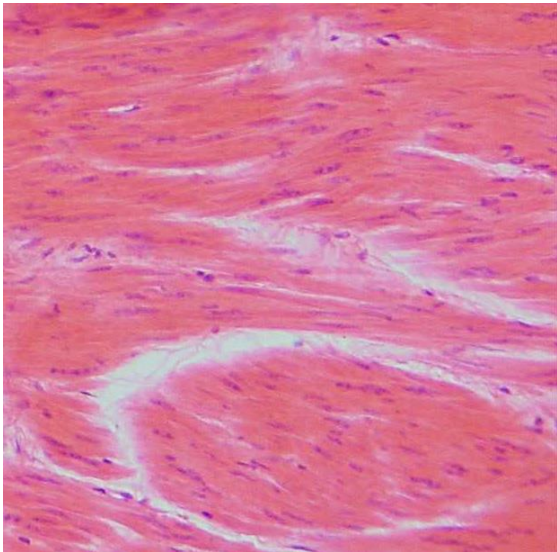
Examples of Voluntary Muscles

- Biceps – bend the arm
- Abdominal muscles – help with breathing
- neck muscles – move the head
- Facial muscles – control expressions



Involuntary Muscles

- Muscles you can not control
- Under a microscope these muscles look smooth



Examples of Involuntary Muscles

- Intestines – digesting of food
- Lining of arteries



Cardiac Muscle

- The heart is a involuntary muscle that is also striated.
- Contracts and relaxes at a faster rate than other involuntary muscles.



Human heart display in a Philadelphia museum
Photograph by Robert Clark

Muscular Dystrophy

- a group of disorder where muscles do not work as they should and involves muscle weakness and loss of muscle tissue
- It is genetic and gets worse over time.



Tendonitis

- an inflammation or irritation of a tendon
- Some common names for tendonitis are tennis elbow, golfer's elbow, pitcher's shoulder, swimmer's shoulder or jumper's knee

