

The Muscular System

The Muscular System The muscular system is a complex system made up of over 600 muscles that are responsible for providing movement for the body. There are three main types of muscles - the cardiac muscle, the smooth muscle, and the skeletal muscle. The cardiac muscle is involuntary, meaning it operates without any conscious control. The skeletal muscle, on the other hand, is classified as a voluntary muscle as we have to make a conscious effort or decision to move it. Tendons and fascia are important supportive structures that are also necessary parts of the muscular system.

Functions The main function of the muscular system is to provide movement for the body. The muscles receive their ability to move through the nervous system, which stimulates and contracts them. The system is adaptable and can change in response to how it is used - for example, if a muscle is not used, it may go into atrophy or waste away. The muscular system is necessary for movement and is interconnected with the nervous system of the body.

Importance The muscular system is essential for the voluntary movement of the body. If the communication from the nervous system is severed from the skeletal muscles, the body is in a state of paralysis. The only organ that is not directly dependent upon the nervous system is the cardiac muscle. The muscular system is necessary for movement, and without it, the body would not be able to produce movement.

