

# MUSCLES CONTRACT AND PULL ON BONES

## Types of Muscle Tissue

**Smooth:** Involuntary, digestive/reproductive/urinary tracts, blood vessels

**Cardiac:** Involuntary, found in heart (cardio = heart)

**Skeletal:** Voluntary, attached to bones

Called muscle fibers (because they are so long)

## Muscle Tissue Functions:

1. movement
2. posture
3. stabilize joints
4. generate heat (friction from moving parts)

Where two bones meet is called a **joint**, or **articulation**. Ligaments (dense fibrous connective tissue) hold bones together. Muscles also help to stabilize the joint. When muscles contract, they move a joint.

A muscle must cross a joint in order to move bones. **Tendons** (dense fibrous connective tissue) attach muscles to bones. The bone that moves is called the **insertion** of the muscle; the bone that doesn't move during the contraction is called the **origin**. Some muscles have more than one origin and/or insertion, and some (such as some thigh muscles) cross more than one joint. In these cases, the movement is more complex.