

Muscles Pull on Bones

1. Compare the function of tendons and ligaments.
2. Compare the three main types of contractions.

Answers:

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1. Compare the function of tendons and ligaments.
 - **tendons: connect muscle to bone**
 - **ligaments: connect bone to bone**
2. Compare the three main types of contractions.
 - **isotonic: muscle shortens when it contracts; e.g. bicep curl**
 - **isometric: muscle remains the same length, but the contraction provides rigidity and stability during the movement (e.g. plank, balancing on one leg, holding a box out in front of you)**
 - **eccentric (also known as the “braking” contraction): muscle lengthens during the contraction. The contraction holds the muscle together to prevent tearing. (e.g. lowering a weight or heavy box). These types of contractions cause the greatest amount of DOMS (delayed onset muscle soreness).**