

Muscles There are three types of muscle : Skeletal Smooth cardiac 1. Have two or more attachments, that which moves least, referred as origin , and that which moves the most as insertion, Have fleshy part referred as belly, Attached to bones by fibrous tissue known as tendon, or by strong sheet of fibrous tissue called aponeurosis, tendinous interdigitation of the fibrous ends of flat muscles is called raphe. Pennate muscles: muscles whose fibres run obliquely to the line of pull (resemble a feather), there are Unipennate muscle: tendon lies along one side of the muscle and muscle fibres pass obliquely eg. Extensor digitorum longus Bipennate: tendon lies in the center of the muscle and the muscle fibres run to it from two sides.eg. Types of skeletal muscles according to their action Prime mover: The chief muscle or group of muscles responsible for a particular movement eg. Quadriceps femoris is a prime mover in the movement of knee extension Antagonist: muscle that opposes the action of prime mover eg. The biceps femoris opposes the action of quadriceps femoris, and before the prime mover can contract the antagonist must relax equal and this brought about by nervous reflex inhibition. Prime mover, .Antagonist, Fixator, Synergist .University Of Tripoli 13 Muscles University2.3.2.3.4