

Skeletal muscle is a series of muscle fibres composed of muscle cells, which are long and multinucleated. Skeletal muscles are cylindrically shaped with branched cells attached to the bones by an elastic tissue or collagen fibres called tendons, which are composed of connective tissues. The end of each skeletal muscle has a tendon, which connects the muscle to bone and connects directly to the collagenous, the outer covering of skeletal muscle. There is a group of muscle fibres, present below the epimysium, which are collectively called the fascicles. These muscle fibres are surrounded by another protective shield formed from collagen. The perimysium, a sheath of connective tissue surrounding the muscle fibres allows nerve and blood vessels to make their way through the muscle.