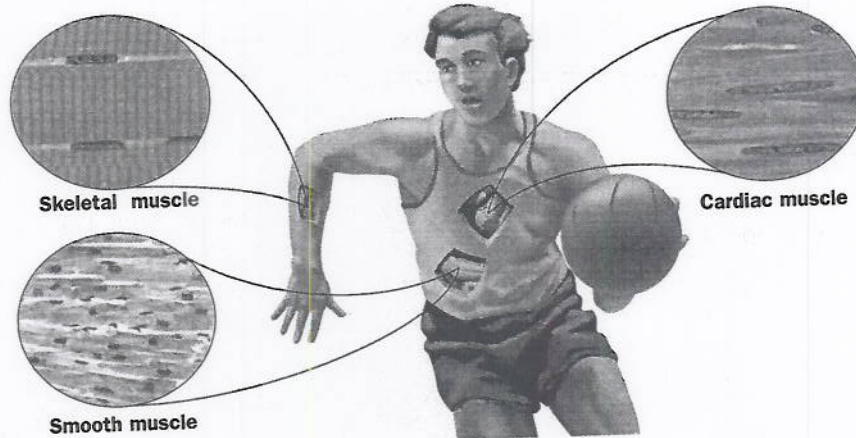


Muscular System

To allow movement, the bones and joints of the skeletal system must work with the muscular system. The **muscular system** includes three types of muscle.

Types of muscle



SEE ALSO

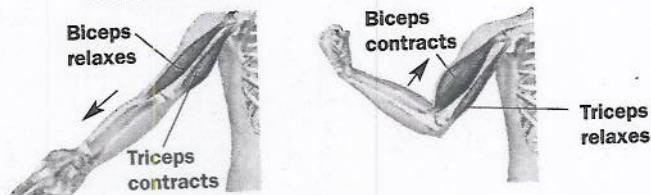
082 Tissues, Organs, and Systems

Skeletal Muscle Muscles that contract to move bones are called **skeletal muscles**. Tough cords of connective tissue called **tendons** attach skeletal muscle to bones. Because you control the movement of skeletal muscles, they are called **voluntary muscles**. Skeletal muscle is controlled by nerves that tell it when to contract or relax. Skeletal muscles often work in pairs to bend and straighten parts of your body. When one muscle contracts, the other relaxes, and vice versa.

SEE ALSO

095 Nervous System

Skeletal muscles work in pairs.



Smooth Muscle Your body also has **involuntary muscles**—muscles that are not under your conscious control. One type of involuntary muscle is **smooth muscle**, which is found in the walls of many organs. The rumbling you feel in your stomach before lunch is caused by contractions of smooth muscle in your stomach.

Cardiac Muscle The other type of involuntary muscle is called **cardiac muscle**, and it is found only in the heart. Cardiac muscle keeps your heart pumping throughout the day and night.