The which is responsible for the coordination

The skeleton is divided into two subgroups, the axial skeleton and the appendicular skeleton, the first consisting of the skull, spine, ribs and sternum, the second by the bones of upper and lower extremities.

The skeleton by itself would have no function whatsoever, it needs the muscular system among all the other anatomy of the human body in order to develop its functions. The functions that the musculoskeletal system gives us are: support, movement, protection to the bone and nervous system and this in turn is formed by the osteoarticular system that includes bones, joints and cartilage, muscular system that are the ligaments that unite bone with bone and tendons, which in turn unite the muscles with bones and the nervous system, which is responsible for the coordination and stimulation of muscle fibers. The human body consists of 206 bones including long bones (humerus, femur, radius), planes (skull, scapulae) and short bones (rotula, vertebrae) but not only bones but cartilage, spongy tissue, connective tissue and marrow. What allows locomotion are the joints which are divided into synovial / mobile, and has a wide range of motion an example is the Planas-acromioclavicular, spherical-hip, saddle-thumb, in hinge-cubital humerus / elbow and the solid / motionless ones that are simply fixation and are fibrous. An example is the Radio-cubital. The word muscle comes from the diminutive Latin musculus, mus (mouse) and the diminutive ending (culus), because at the time of contraction, the Romans said it looked like a little mouse by the form. The muscles are surrounded by a connective tissue membrane called fascia, the functional and structural unit of the muscle is the sarcomere muscle fiber.

The human body contains about 650 muscle. These are divided into muscle groups according to their origin, insertion, innervation and function in deep and superficial. They are elastic, this means that they have the property of expanding and contracting. They work in pairs (agonists and antagonists), the function of the agonist muscles is to move the specific body segment and the antagonists are muscles whose contraction produces an exactly opposite joint action so that in each movement that we make we use a pair if not a set of muscles for a single movement, move at the level of the joints by the contraction and relaxation of the muscles that are inserted into them. Skeletal muscles produce a contraction to meet the imposed demand, i. e.

, generate the tension and force necessary to move a body segment (or the body as a whole) in a given direction (up, down or horizontal). In short, we need muscular action for everything. SUPERIOR MEMBERSHOULDER: The shoulder is the joint with the most mobility and the most frequent one because the range of movement is very wide thanks to the rotator cuff that is formed by 4 muscles: infra thorny, supraspinatus, subscapular and minor round.

And being the most prominent by size the trapeze, deltoids and the major and minor rhomboids. Having as functions in the shoulder internal and external rotations, stabilizers of the scapula, abduction, adductionARM: Function of: extension, flexion, abduction, adduction The most important are the biceps, in the anterior part and the triceps in the posterior part. They are two antagonistic muscles, that is, they perform opposite functions to make a certain movement possible, in this case the flexion and extension of the forearm.