



## Musculoskeletal System Uses

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### Introduction

Your system includes your bones, cartilage, ligaments, tendons and connective tissues. Your skeleton provides a framework for the muscles and other soft tissues. Together, they support your body's weight; maintain your posture and assist you move. A wide range of disorders and conditions can lead to problems in the musculoskeletal system. Aging, injuries, congenital anomalies (birth defects) and disease can cause pain and limit movement. You can keep your musculoskeletal system healthy by focusing on your overall health. Eat a balanced diet, maintain a healthy weight, exercise regularly and see your provider for checkups. The nervous system (your body's command center) controls your voluntary muscle movements. Voluntary muscles are ones you control intentionally. Some involve large muscle groups to try to activities like jumping. Others use smaller movements, like pushing a button. Movements happen when: The nervous system (brain and nerves) sends a message to activate your skeletal (voluntary) muscles. Your muscle fibers contract (tense up) in response to the message. When the muscle activates or bunches up, it pulls on the tendon. Tendons attach muscles to bones. The tendon pulls the bone, making it move. To relax the muscle, your systema nervosum sends another message. It triggers the muscles to relax or deactivate. The relaxed muscle releases tension, moving the

bone to a resting position. The system works to assist you stand, sit, walk, run and move. Adult bodies have 206 bones and quite 600 muscles, connected by ligaments, tendons and soft tissues. **Bones:** Bones of all shapes and sizes support the body, protect organs and tissues, store calcium and fat and produce blood cells. A bone's hard outside shell surrounds a spongy center. Bones provide structure and form for your body. They work with muscles, tendons, ligaments and other connective tissues to assist you progress. **Cartilage:** a kind of animal tissue, cartilage cushions bones inside the joints, along the spine and within the ribcage. Firm, rubbery cartilage protects bones from rubbing against one another. You also have cartilage in your nose, ears, pelvis and lungs. **Joints:** Bones come together to form joints. Some joints have an outsized range of motion, like the ball-and-socket shoulder. performance for a middledistance runner or a racket for the simplest grip. Other joints, just like the knee, allow bones to maneuver back and forth but not rotate. **Muscles:** Each muscle is formed of thousands of stretchy fibers. Your muscles allow you to maneuver , sit upright and stay still. Some muscles help you run, dance and lift. You use others to write down your name, fasten a button, talk and swallow. **Ligaments:** made from tough collagen fibers, ligaments connect bones and help stabilize joints. **Tendons:** Tendons connect muscles to bones. Made of animal tissue and collagen, tendons are tough but not very stretchy. Hundreds of conditions can cause problems with the system . They can affect the way you progress , speak and interact with the planet . Some of the foremost common causes of musculoskeletal pain and movement problems. **Aging:** During the natural aging process, bones lose their density. Less-dense bones can cause osteoporosis and bone fractures (broken bones). As you age, muscles lose their mass and cartilage begins to wear away, resulting in pain, stiffness and decreased range of motion. After an injury, you'll not heal as quickly as you probably did once you were younger. **Arthritis:** Pain, inflammation and joint stiffness result from arthritis.