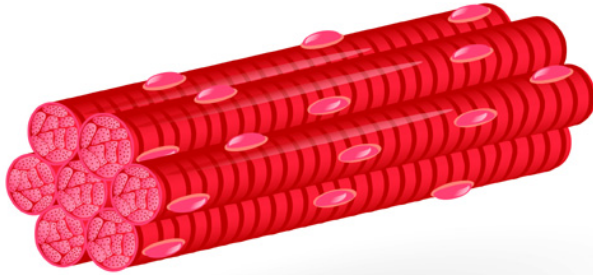


Muscle Types

Study*ladder*

Types of muscle

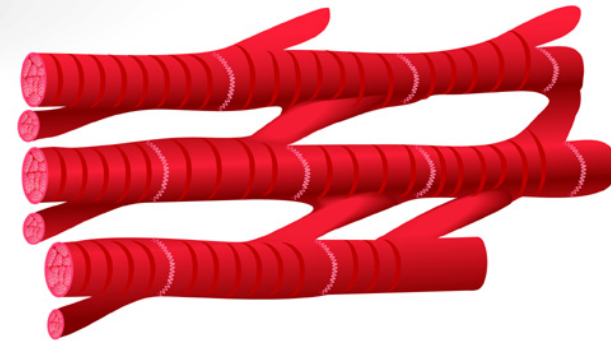
Skeletal muscle



Smooth muscle



Cardiac muscle

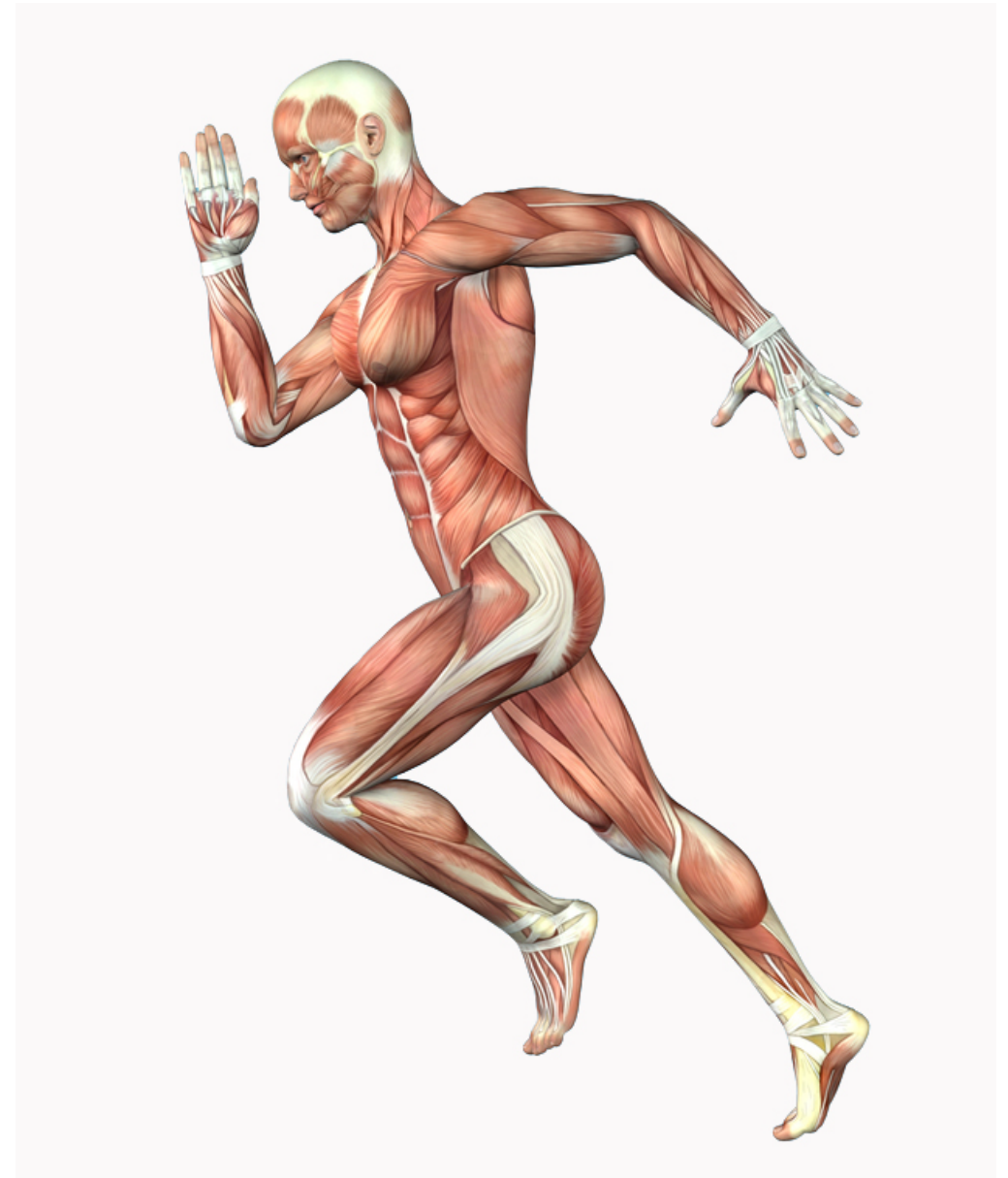


There are three types of muscle: skeletal, cardiac, and smooth muscles. Each has a different structure and purpose in your body.

Skeletal muscles

Skeletal muscles are voluntary muscles. You control what they do.

Your muscles work with your bones to give your body power and strength.



Smooth muscle

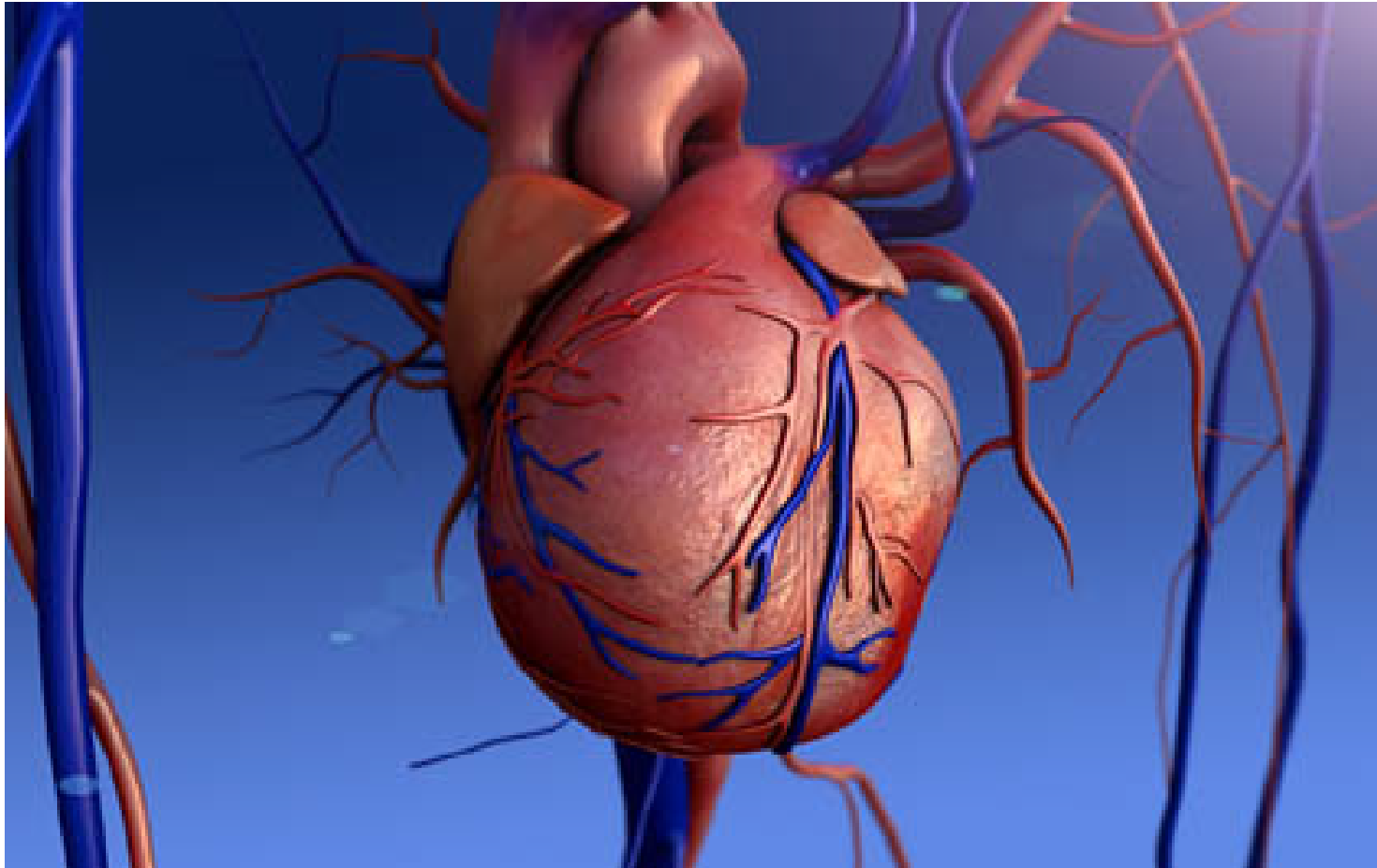


Smooth muscle is involuntary. It is not controlled by our conscious mind.

It is found in the walls of hollow organs such as the stomach and the intestines and in structures like blood vessels.

Its job is to squeeze substances through the body.

Cardiac muscle



Cardiac muscle is an involuntary muscle. It is only found in the heart and is responsible for keeping the heart pumping.