



Chiropractic Newsletter | Your Amazing Body



Muscles Move You!

Every month we've been learning about a different part of your AMAZING body. It's June, summertime is here, and this month we're learning about the muscles of the body. Muscles help you move – to smile, laugh, blink, run, jump, and dance.

Did you know you have more than 600 muscles in your body? The largest muscles are the gluteal muscles in your lower body to support your pelvis and hips so you can move and run while keeping your spine stable and aligned. The smallest muscle in your body is inside your ear – it's only about 1 millimeter long – it stabilizes the smallest bone in your body, also inside the ear, when it vibrates as sound waves move into your ear.

Different Types of Muscles

Skeletal Muscles

Did you know there are different types of muscles? Some muscles help to move your body; we call these "skeletal muscles." Skeletal muscles are also called "striated" muscles because when looked at under a microscope, they look "striated," or striped. Many of your skeletal muscles work together so you can run, jump, skip and play sports. Your brain controls how well your muscles work together – this is called 'coordination.' For example, when you do a 'jumping jack,' your body coordinates more than 20 different muscles at the same time. How AMAZING is that? You can control these muscles – and choose to throw a ball, smile, or run. Some of these muscles are also controlled automatically through your brain and central nervous system.

Right now, as you're sitting or standing and reading this, many muscles around your spine are helping you to stay upright and have good posture. When you fall and catch yourself, your body sends lightning-fast signals to your brain so it can activate your muscles so you can catch yourself. Chiropractic adjustments are important because they help your brain coordinate muscle movements and they keep your spine aligned so these spine-stabilizing posture muscles can do their jobs well.

Smooth Muscle

There is another type of muscle called smooth muscle, and its job is to help your organs do their work automatically, without you even thinking about it. Smooth muscles help things move through the body. There are smooth muscles lining your digestive tract, and they contract to help food move through the stomach and intestines. They're an important part of digestion! There are also smooth muscles lining some of your blood vessels that help move blood through your body.

Cardiac Muscle

Your heart is made from a special type of muscle called cardiac muscle. The heart is an amazing organ – a muscle that never stops working for you. Your heart continually pumps blood through your body to keep you alive and energized. The heart muscle works by contracting (squeezing) and then relaxing to pump blood into the body. This is what makes the sound of your heartbeat. Did you know your heart beats more than 100,000 times each day!? And that your heart starts beating long before you are born, while you are still growing inside your mother's womb? That's an AMAZING muscle!

This summer, give your muscles some love by moving your body! Run, dance, swim, stretch, and play outside. Feel how strong and capable you are! And enjoy your adjustments with your chiropractor - to help keep your AMAZING brain and body connected, coordinated, and moving well all year long.

By Mackenzie McNamara, DC

