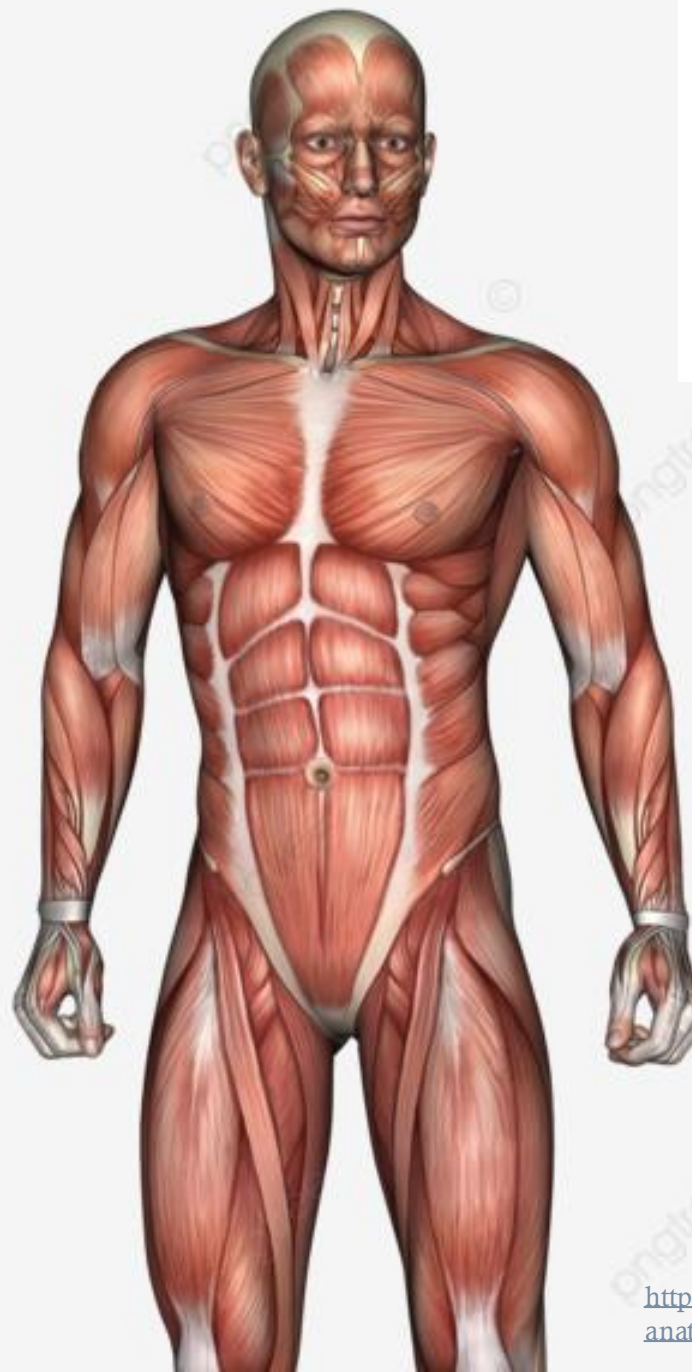

THE MUSCULAR SYSTEM AND ITS IMPORTANCE IN PHYSIOTHERAPY



Katarzyna Dejnowiec

Prezentacja egzaminacyjna z przedmiotu:

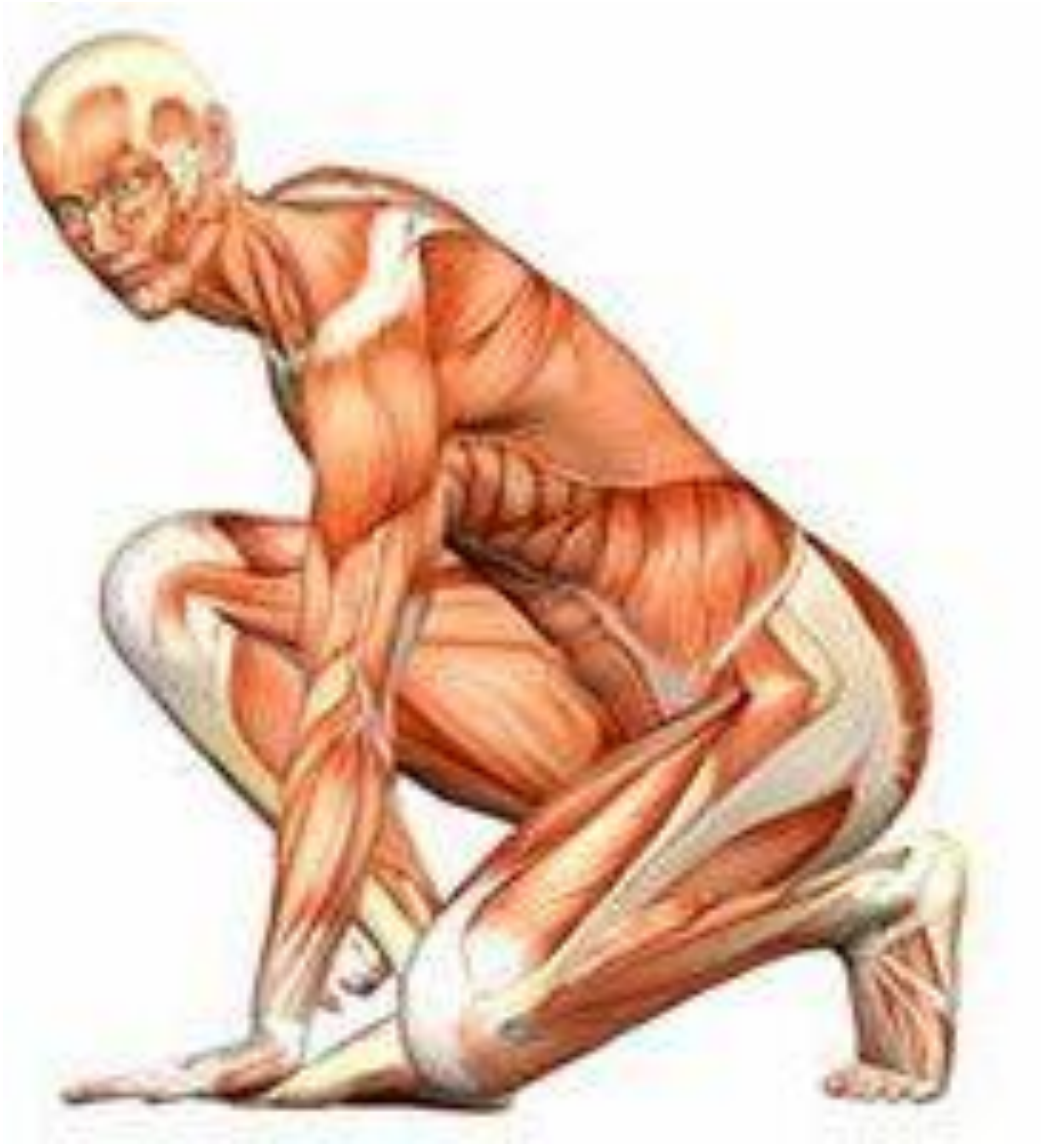
Język Angielski specjalistyczny – 3 Rok Fizjoterapia JMS

Rok akademicki 2025/26

https://ft.pngtree.com/freepng/male-anatomy-figure-body_13757170.html

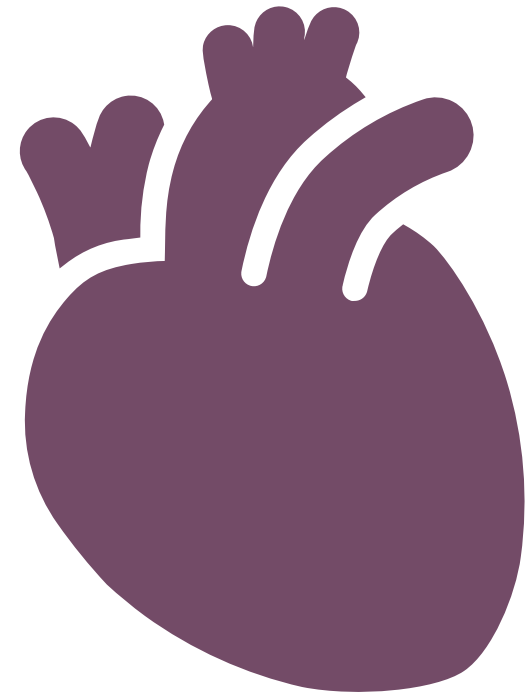
INTRODUCTION

- The muscular system is one of the most important system in the human body.
- It allows movement, posture and stability.
- Physiotherapy focuses on maintaining and restoring



WHAT IS MUSCULAR SYSTEM?

- A group of over 600 muscles in the human body.
- Works with the skeletal system to produce movement.
- Includes skeletal, cardiac and smooth.
- Essential for everyday activities such as walking, breathing, and maintaining balance.



TYPES OF MUSCLE

TYPE	CONTROL	FUNCTION
Skeletal	Voluntary	Movement of body
Cardiac	Involuntary	Pumps blood
Smooth	Involuntary	Moves organs

Types of Muscle Tissue



smooth muscle cells



striated muscle cells



cardiac muscle cells

<https://redro.pl/obraz-powiekszone-komorki-miesni-poprzecznie-prazkowanych,129150418>

FUNCTIONS OF THE MUSCULAR SYSTEM

Body
movement

Maintenance
of posture

Heat
production

Circulation
of blood

Stabilization
of joints

Facial
expression



IMPORTANCE OF PHYSIOTHERAPY

- Physiotherapists assess and treat muscle weakness, tightness or imbalance.
- Knowledge of muscle helps in designing exercise and rehabilitation programs.
- Prevents further injuries and improves recovery time.

COMMON MUSCULAR PROBLEMS



Muscle strain or tear



Muscle spasm



Atrophy (loss of muscle mass)



Weakness after injury or
immobilization

ROLE OF MUSCLES IN PHYSIOTHERAPY

01

Central focus of
rehabilitation
programs.

02

Physiotherapists
assess **strength**,
tone, and
endurance.

03

Targeted exercises
restore **mobility**
and **function**.

IMPORTANCE IN HEALTH AND PERFORMANCE

Supports daily activities and sports performance.

Prevents injuries by maintaining muscle balance.

Promotes metabolic health and reduces risk of chronic diseases.

WORD BANK

Muscle strain - napięcie mięśni

Muscle tear – zerwanie mięśni

Voluntary - zależny od woli

Enhances – wzmacniać

Chronic disease – choroba przewlekła

Endurance - wytrzymałość

Movement patterns – wzorce ruchu



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THANK YOU
FOR YOUR
ATTENTION

