

# **Motor Control: muscles and motoneurons**

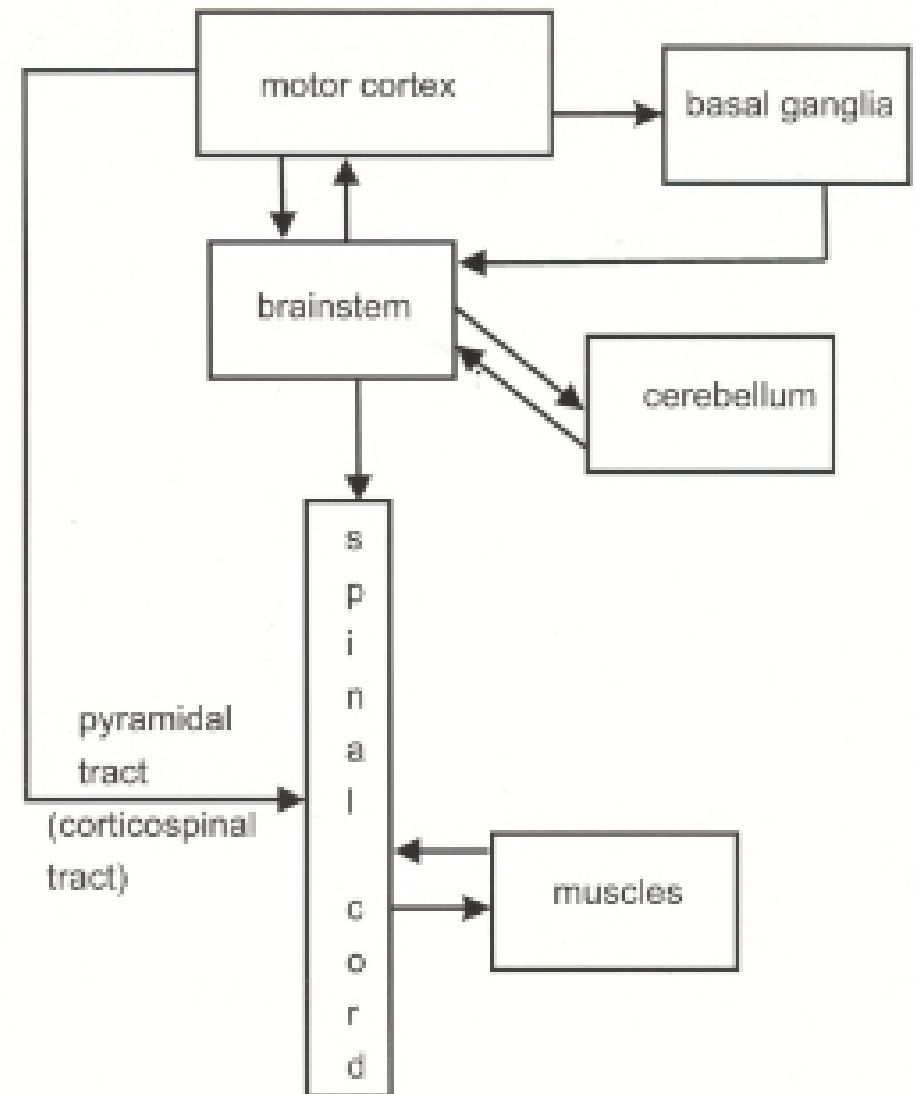
B & L Chapter 9, pp 157-174

# The motor system

Motor control: need to think about what the muscles are doing, rather than about the goal of the movement.  
*Not intuitive.*

Motor system or motor hierarchy, begin at the lowest level BUT all structures work together in movement.

2 functions: coordination, posture



# Coordination

Most movement occurs at joints, 2 bones come together (exceptions: tongue, eye muscles).

Muscles contract and pull-to get full range of motion around joint, must have at least one muscle attached on each side of a joint.

*As muscles work there are changes in joint angle and changes in muscle length.*

