

MOVING YOUR BODY

by Naomi Arnold

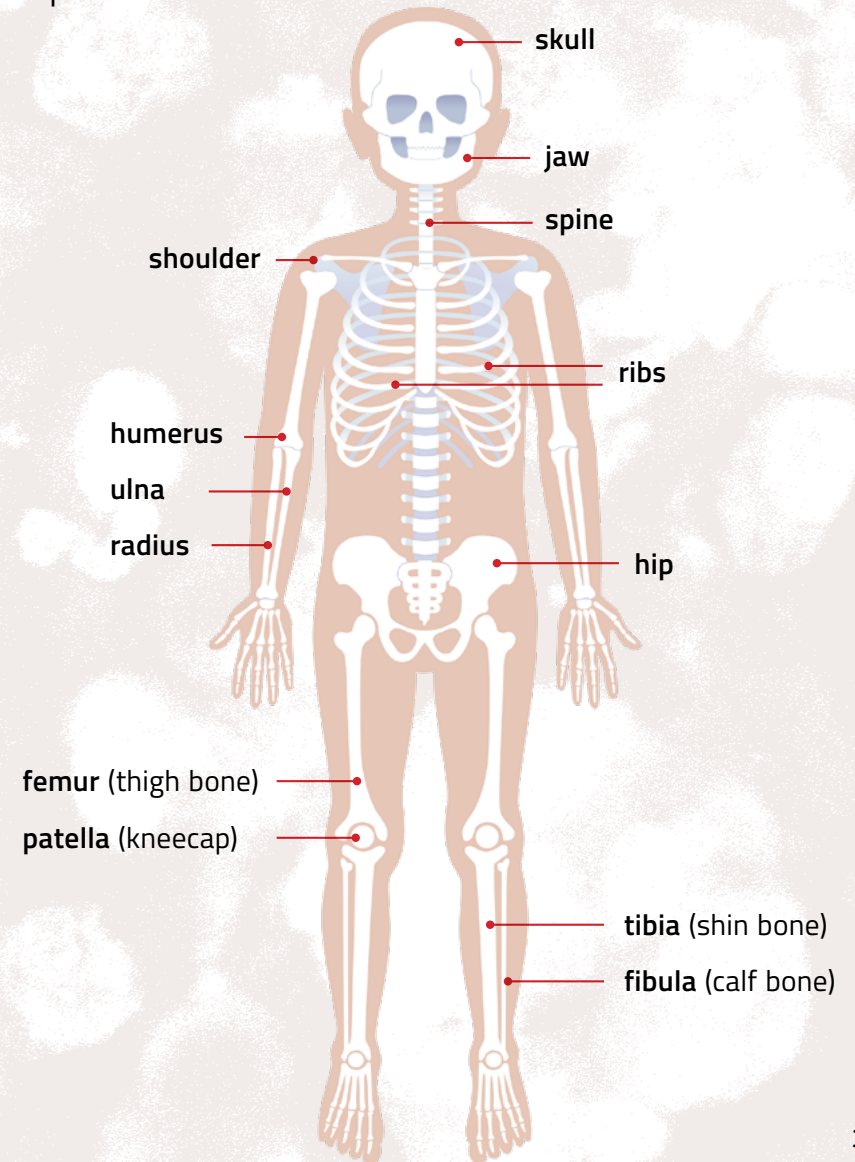


What did you do when you woke up this morning? Did you sit up, climb out of bed, and walk to the bathroom? Did you eat your breakfast, brush your teeth, and get dressed? If you did any of these things, you probably moved your body without thinking about it.

Under your skin, your bones and muscles work together. They make sure you can stand up, sit down, and move your legs and arms. Your bones and muscles even allow you to smile and open and shut your eyes.

THE BONES IN YOUR BODY

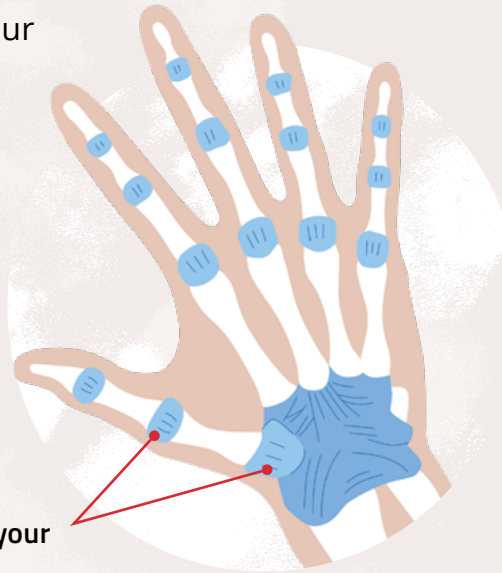
Let's start with bones. In the adult human body, there are 206 bones! Your bones are joined together to form your skeleton. Your skeleton supports your whole body and helps it to move.



JOINTS

The places where your bones meet are called joints. At these joints, stretchy bands called ligaments join your bones together. Ligaments allow you to bend and move your bones in different directions.

Hands are made up of twenty-seven bones joined together. Wiggle your fingers. Make your fingers into a claw like a monster. Now open them out again. The stretchy ligaments around your finger joints hold your bones together and allow your fingers to bend.



Ligaments join your bones together.

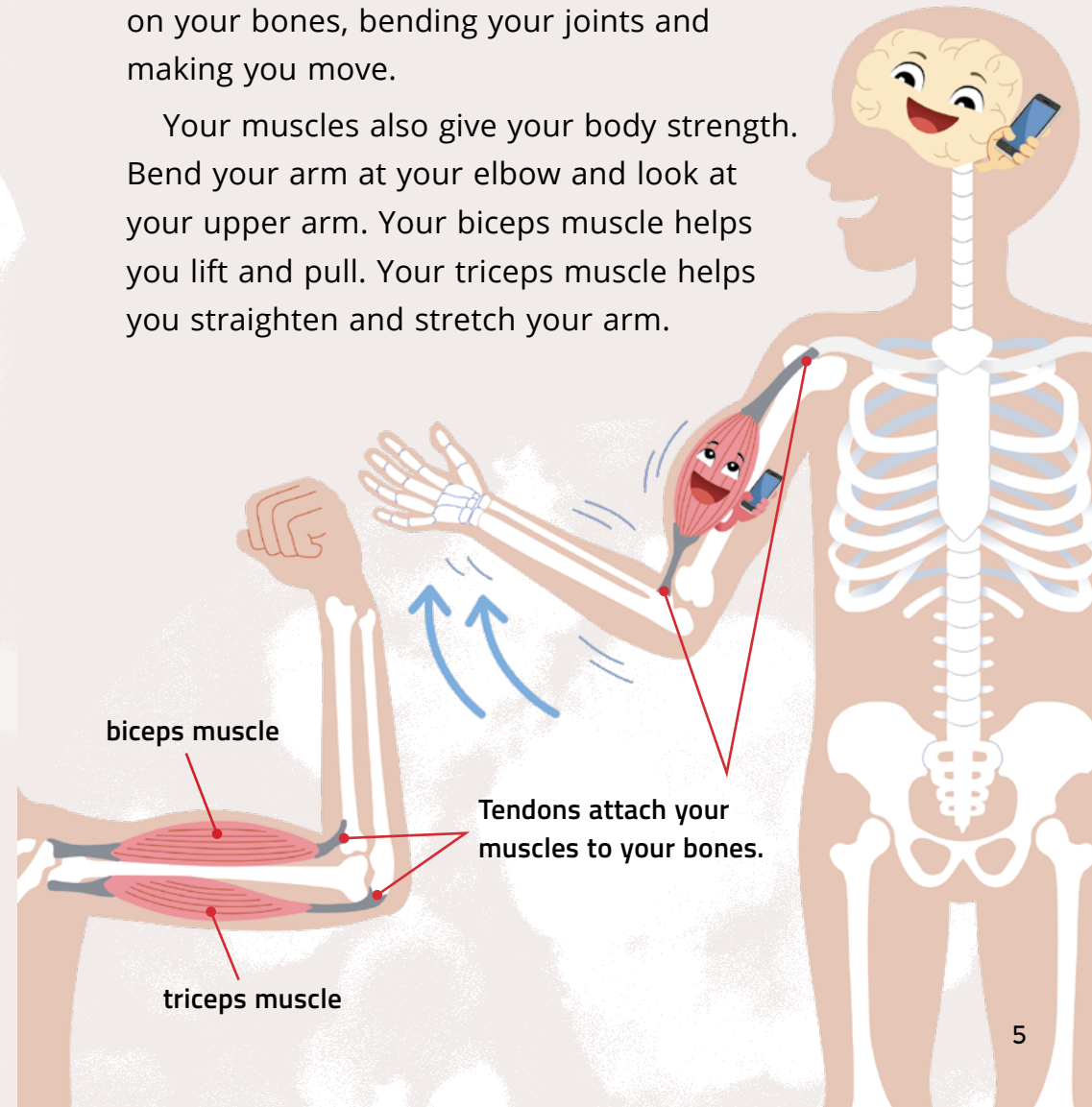
Without joints, you couldn't move. Try to walk without moving your knee joints. Or try to write without bending your elbow or bending your fingers to hold the pen.

MUSCLES

You need muscles as well as bones to make your body move. You have more than 600 muscles in your body! Your muscles are attached to your bones by tendons.

Your brain controls your muscles by sending signals to them. When your muscles get a signal, they pull on your bones, bending your joints and making you move.

Your muscles also give your body strength. Bend your arm at your elbow and look at your upper arm. Your biceps muscle helps you lift and pull. Your triceps muscle helps you straighten and stretch your arm.



Tendons attach your muscles to your bones.

biceps muscle

triceps muscle



WHEN SOMETHING GOES WRONG

Your bones and muscles work together to make you move. But bones and muscles can be damaged if you have an accident. Muscles and ligaments can tear, and bones can fracture (break).

If you fracture a bone, you will usually go to hospital. You'll have an X-ray so the doctor can see the break clearly. They will make sure the bone is put back in the right position and then protect it with a cast made of plaster. The cast stops the bone moving while the broken ends of the bone grow and heal.



If you hurt a muscle, ligament, or tendon, you might need to see a physiotherapist. Physiotherapists are experts in how the body moves. They know how to use exercises and other treatments (physiotherapy) to help people who are injured or disabled. Exercises help heal the damaged part and make it work properly again.



If you have an accident, your body will try hard to fix what's wrong. If you get medical care and rest, your body can usually heal itself. Then your bones and muscles will be ready to start moving again!

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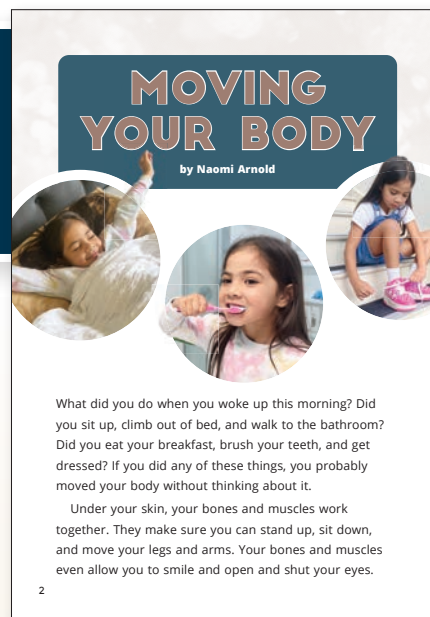
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