

**Cram's Introduction to Surface Electromyography**  
For Jeffery R. Cram, edited by Eleanor Criswell  
Mississauga, Ontario – Canada  
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**Chapter 2 Anatomy and Physiology**

begin to fatigue much faster than the most proximal proximal muscles. Within the few minutes, the valley of activity in the middle deltoid has increased and symmetrical to contract the latissimus dorsi. Within 5 minutes the deltoid point is reached, the arm given way to the gravitational pull, and the posture is maintained.

**MUSCLE FIBERS AND HOW THEY WORK**

To understand how muscles work, it is helpful to examine a muscle from a microscopic level to a macroscopic level. On a macroscopic level, muscle fibers are grouped together and traditionally identified by their line of action, their direction of pull, and their origins and insertions. A closer examination of their arrangement, however, reveals that the muscle actually consists of compartments. Rather than being one muscle muscle, some muscles are really a series of smaller compartments that run in the same direction or in slightly different directions. Each compartment provides a totally different pull on the lower arm. Researchers have demonstrated "compartmentsalization" for the biceps,<sup>4,5</sup> forearm and wrist carpel radialis,<sup>6,7</sup> radialis,<sup>8</sup> and pronator quadratus.<sup>9</sup> Researchers are beginning to understand the compartmentalization of muscles for better, and compartmentalization may soon come to replace the more macroscopic view of origins and insertions that is presently taught in educational programs as the primary level for understanding muscle function.

Each muscle compartment contains muscle fibers (see Figure 2-2). These fibers may be observed together in a narrow subcompartment separated by a thin region of connective tissue that holds the muscle cells together in their parallel arrangement. These individual fibers may be broken down into clusters of individual myofibrils, which are tiny, heart-like strands. Under a microscope, myofibrils appear to be banded in light and dark bands. Each myofibril consists of aggregates of myosin and actin filaments. The basic anatomical structure from which all muscles are made is called a sarcomere. It is defined as a single unit of overlapping myosin and actin filaments from one Z line to the next Z line in the muscle. These dark lines reflect the much more of actin filaments. Within the sarcomere, there are small white, only actin strands of bands, areas where only myosin molecules of bands, and areas where myosin

charged molecules that spiral around each other. The myosin filaments are a much thicker filaments with "globular heads" on it. These filaments are also negatively charged. In the resting state, these two filaments lie next to each other, mutually repelled by their negative charges. In the 1950s, Huxley<sup>10</sup> proposed a "ratchet" or sliding filament model that describes the generation of active tension. In this model, each globular head of the myosin fiber has an ATP molecule attached to it, which is negatively charged.

The nerve action potential from the lower motor neuron causes a release of acetylcholine (ACh) at the neuromuscular junction. This sends a charge through the membrane tubules (Figure 2-3) that, when it reaches the sarcolemma membrane, allows pores to be opened and calcium ions to flood the space where the myosin and actin filaments are located. Calcium ions have a very strong positive charge to it, and it binds intensely with the actin filaments. At this point, the negatively charged myosin filaments with its ATP molecule is strongly attracted to the now positively charged actin filaments (Figure 2-4). As these two filaments are pressed against each other by the electrolytically induced electrochemical attraction, the globular heads are forced to flatter out; the resulting ratchet effect forces the two filaments to move past each other. The force of the bending of the globular heads, however, causes the ATP molecule to be released. The energy associated with this release provides the energy needed to free the calcium ions from the actin filaments and return it back to the sarcolemma membrane. Simultaneously, the myosin and actin filaments separate from each other, being held slightly apart by the two negative charges. Immediately, another ATP molecule attaches to the globular head on the myosin filaments and the cycle is ready to begin all over again. Thus, the globular heads of the myosin act as cross-bridges for the actin chains. Through increased attractions and cross-bridging, the muscle contracts while it shortens and work is done.

The modified ATP molecule, now known as adenosine diphosphate (ADP), is reconstituted in the mitochondria. Using the Krebs cycle, the mitochondrion breaks the ADP back into ATP using the glucose and oxygen provided by the circulatory system. The by-products of this process include lactic acid, free **hydrogen** ions, and carbon dioxide. These by-products need to be

**THE MOTOR UNIT**

The basic level of nervous system organization of the muscle is the motor unit, along with its associated alpha motor system—that is, the lower motor neuron, its axon, and the muscle fibers it innervates. The number of muscle fibers per motor unit varies greatly in the human body. The innervation of the biceps brachii (the highest level of innervation, with the neuromuscular junction having an innervation ratio of 3 to 1, the highest level of innervation in the human body. The lowest innervation ratio (2000 to 1) is found in the gastrocnemius muscle of the leg. The highest innervation ratio is located in the biceps brachii muscle, whereas the lowest innervation ratio is ideal for strength production.

The lower motor unit branches so that it can reach most to the muscle fiber in the motor end plate, creating neuromuscular synapses. When a nerve action potential travels down the axon, it reaches the neuromuscular junction and releases neurotransmitter (NTs).

axons. The degeneration rate is both directed to learn the motor end plate to the smallest diameter of both ends.

Electrochemical coupling of this energy exchange provides the basis for **electromyography**. For specific details concerning the general of action potentials, consult a basic physiology text.<sup>11</sup> Action potentials are associated with a sudden increase in the cell membrane's permeability to sodium ions ( $Na^+$ ). Depolarization occurs. This causes a sudden influx of  $Na^+$  into the muscle fiber that is associated with a measurable change in the resting potential of the cell. Near the peak of this influx, a rapid efflux of potassium ions ( $K^+$ ) causes a rapid repolarization of the cell (see Figure 2-5).

The motor unit has a number of branches and innervates a number of muscle fibers. Because the branching nerve fibers that extend to each muscle fiber vary in their length and diameter, the time at which the nerve action potential reaches the motor

# Crams Introduction To Surface Electromyography

**Hande Türker**



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