Skeletal Muscles Create Movement

- The primary function of skeletal muscle is to produce voluntary gross and fine movements. Large movements include walking, standing, turning in a chair, running, playing sports, lifting weights, etc. Fine motor skills or smaller movements include chewing, closing your eyes, blinking, typing, writing, talking, etc. Your skeletal muscles will also contract as a reflex to stimuli, like moving your hand from a very hot coffee cup or blinking your eyes when an eyelash lands on the surface of the eye.

Skeletal Muscles Protect Organs

- The abdominal muscles and the muscles of your lower back help to protect your vital organs. Your abdominal cavity is not protected by bones in the way that your rib cage protects your heart and lungs. Your organs are protected by muscles.

Cardiac Muscle Pumps Blood

- The contraction of heart muscle is involuntary and primarily controlled by your heart’s own electrical system. Your heart is responsible for receiving blood from your muscles and other organs, pumping it into your lungs to pick up oxygen, receiving the blood back from the lungs and then pumping it out through your arteries to supply your entire body. If your heart’s muscle does not receive enough blood supply due to blocked coronary arteries or lack of sufficient oxygen, you are at risk of having a heart attack.

Smooth Muscle Aids Digestion

- The smooth muscles in your stomach and intestines work to help process the food you eat. The involuntary contractions in your stomach and intestines aid in digestion and in moving the food along your digestive tract, ultimately directing indigestible substances to be eliminated as waste.

Smooth Muscle Ensures Blood Flow

- There are also smooth muscles in the walls of your blood vessels. When your heart contracts, your arteries expand to accept the blood expelled. The smooth muscles in your arteries relax and contract to help circulate the blood throughout the circulatory system, and regulate your blood pressure.