

***Tikrit University***

***College of Nursing***

***Basic Nursing Sciences***



**First Year - 2023-2024**

**English**

**( Title: the muscular system )**

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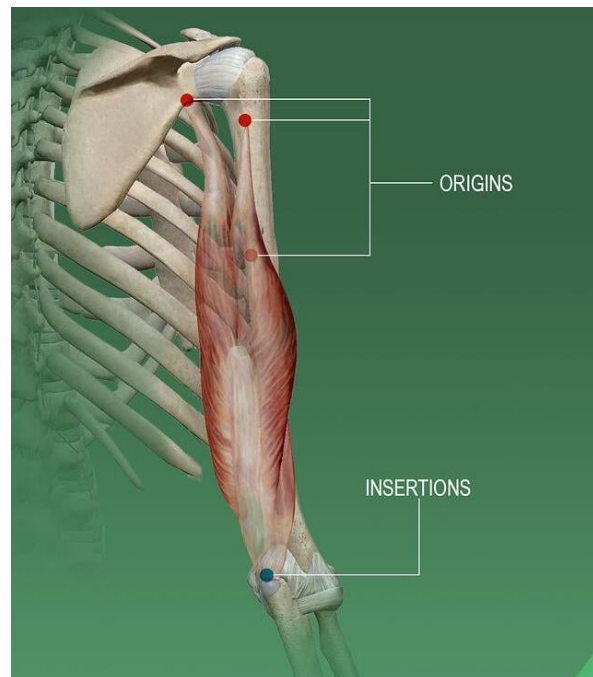
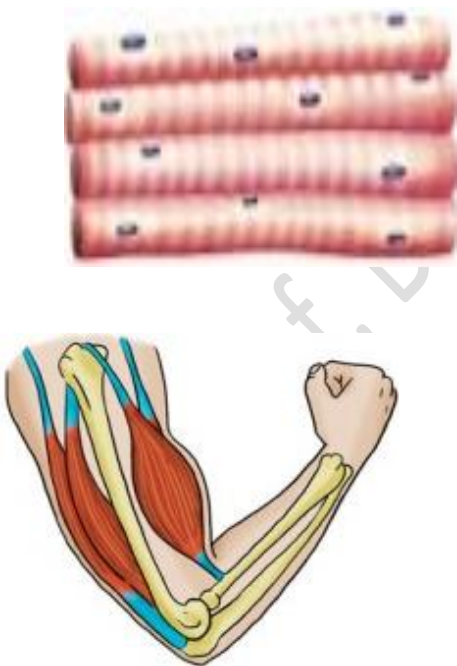
## the muscular system

- There are three main types of muscles in the body includes ;
  - 1) Skeletal muscles
  - 2) The smooth muscles
  - 3) Cardiac muscle

### 1) Skeletal muscles:

#### ❖ Skeletal Muscle Characteristic

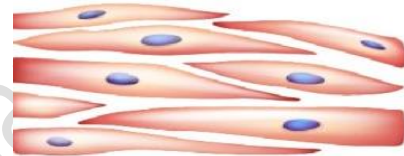
- attach to and cover the bony skeleton
- has origin and insertion
- Each skeletal muscle is covered by deep fascia
- cylindrical bundle fibers
- Striation
- Voluntary control
- Nerve supply by spinal nerves



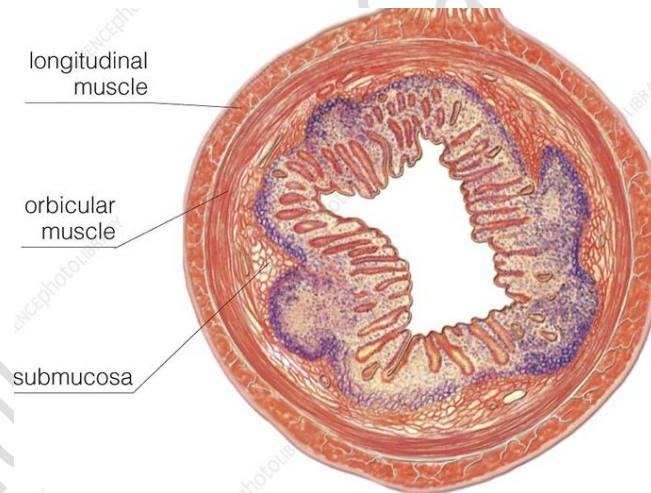
## The smooth muscles

### ❖ Smooth Muscles Characteristics by

- Lacks striations
- Present in Walls of hollow visceral organs & blood vessels
- Involuntary control
- Nerve supply by autonomic nerves



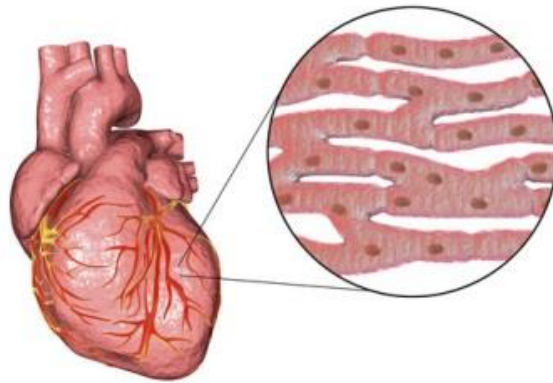
Smooth Muscle



### **3)Cardiac muscle**

#### **❖ Cardiac Muscle Characteristic**

- **Only in heart**
- **Striations**
- **Involuntary**
- **Nerve Supply by autonomic nerves**

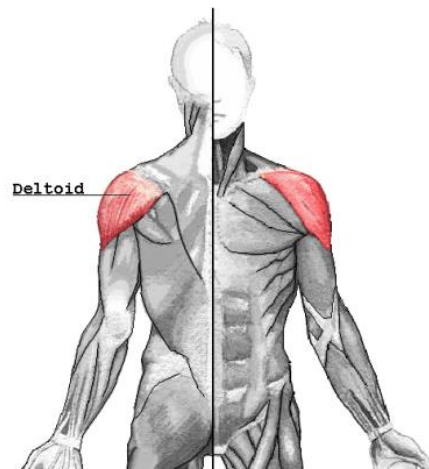


## ❖ intramuscular injection(IM)

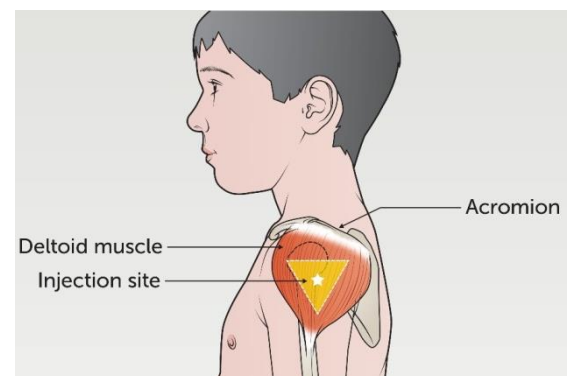
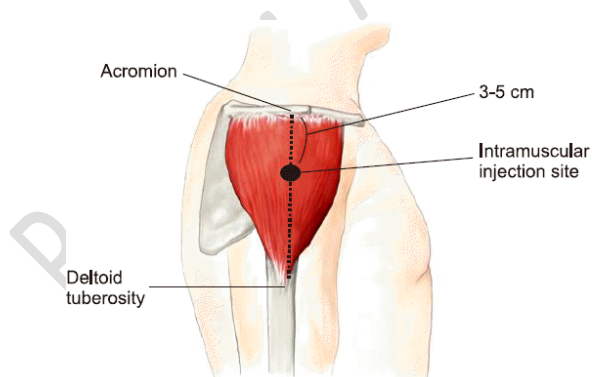
### 1. deltoid muscle

- It forming the rounded contour of the shoulder.
- commonly used for adult **vaccinations**
- How and where is a deltoid IM injection given?

a) The deltoid muscle is a rounded triangle shape

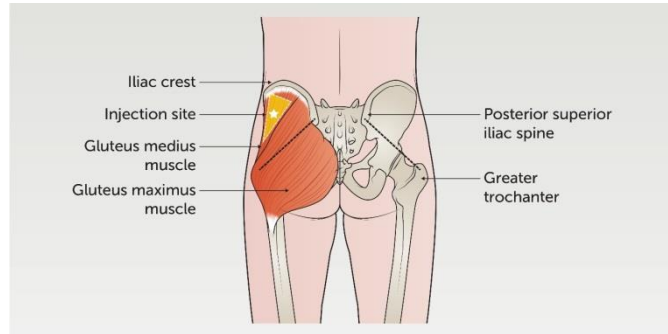
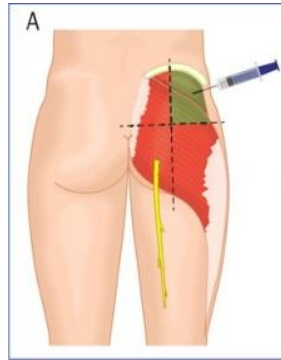


b) given 3-5cms below the acromion, in the middle of the triangle



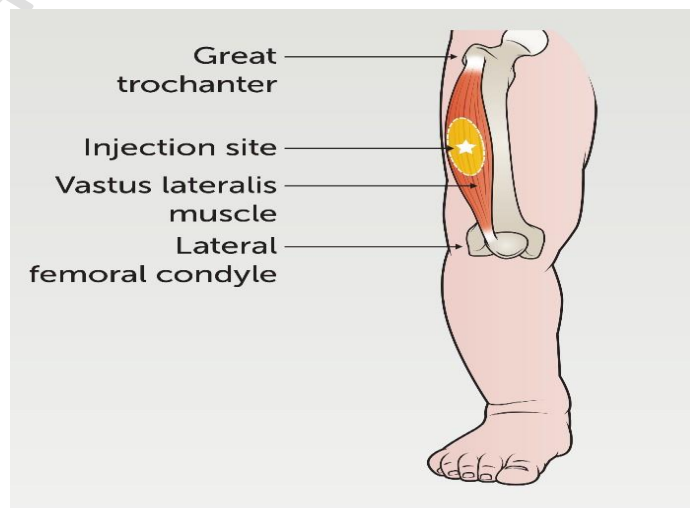
## 2. The gluteal region (buttock)

- are a group of three muscles which make up the gluteal region
- The injection will be given in the **upper outer quadrant**.

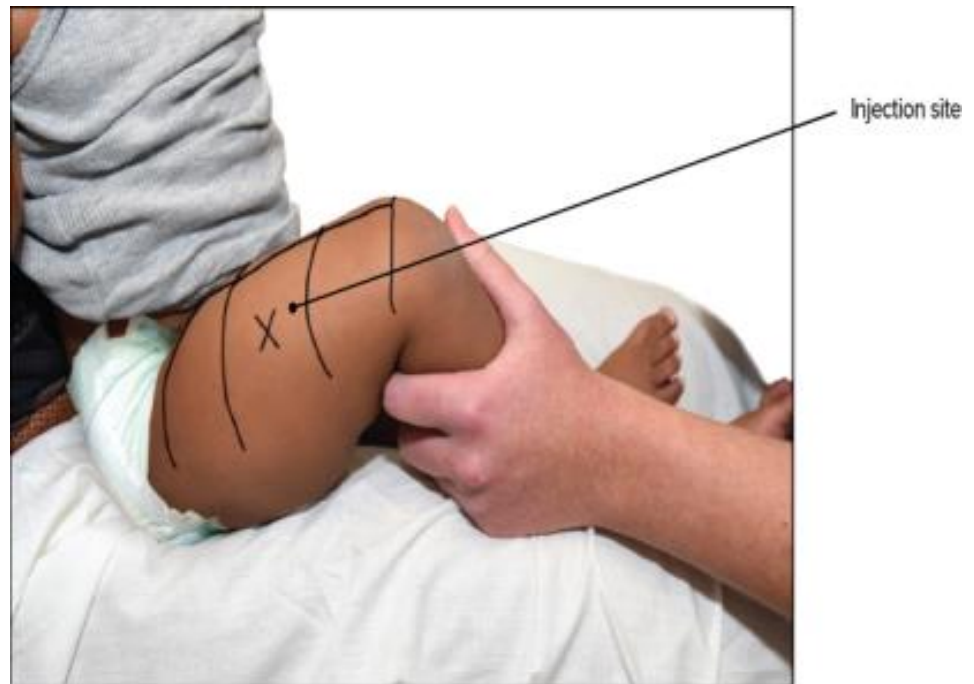


## 3. Vastus lateralis

- Palpate the muscle below the greater trochanter and above the lateral femoral condyle (knee joint).



- **Divide the muscle into thirds and administer the injection into the middle third of the muscle**



Prof. Dr. Abdul-Jabbar Al-Samarrae

## ✚ Abdominal Regional

- **abdominal regions**

- The abdomen can be divided into nine anatomical regions.
- Nine regions of the abdomen can be marked using two horizontal and two vertical dividing line:
  - Right hypochondriac region.
  - Right lumbar region (right flank)
  - Right iliac region.
  - Epigastric region.
  - Umbilical region.
  - Hypogastric region (or pubic)
  - Left hypochondriac region.
  - Left lumbar region (left flank).
  - Left iliac region

