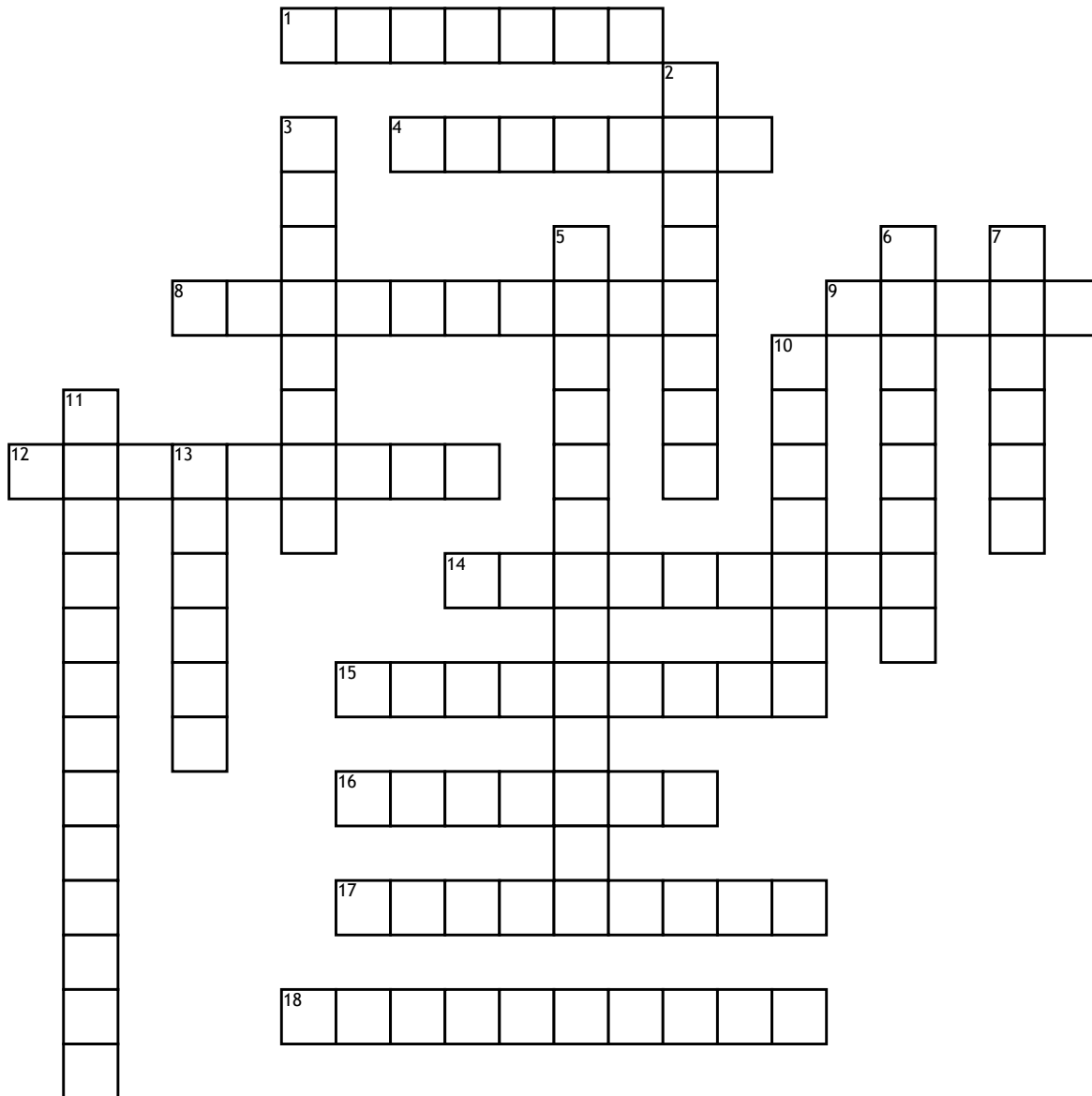


Name: _____

Date: _____

Skeletal and Muscular System Crossword



Across

1. This muscle is used in all movements of the arm, its main function is to lift the arm

4. This is the muscle that serves as the stabiliser

8. The relaxing and lengthening muscle part of a pair of muscles

9. This muscle causes flexion at the elbow

12. This is a connective tissue, role is to reduce friction and act as a shock absorber

14. movement towards the mid line of the body

15. Movement away from the midline

16. This is the working muscle that produces and controls the movement - contracts and shortens

17. Increasing the angle at a joint

18. These muscles bend the body forward at the hip causing flexion of the vertebral column

Down

2. This movement is when the bone turns about its long axis

3. These muscles extend the hip joint and adduct the hip

5. Combination of adduction, abduction, flexion or extension and rotation

6. Bands of connective tissue, very tough and resilient, keep joints stable joins bone to bone

7. Strong connective tissue, helps to transmit power and joins muscle to bone

10. Decreasing the angle at a joint

11. This ankle is used to extend the ankle joint -point the toes

13. This muscle causes extension at the elbow