

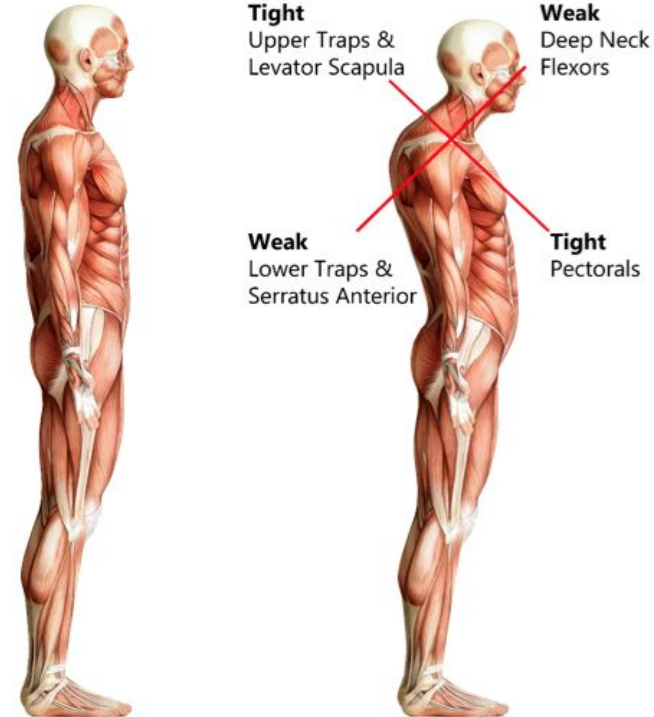
Types of Skeletal Muscle Contraction

- The event that is common to all muscle contractions is that the **tension (force) develops in the muscle**
- Muscles **do NOT** always shorten when they **contract**

Types of Skeletal Muscle Contractions

1. Tonic contractions

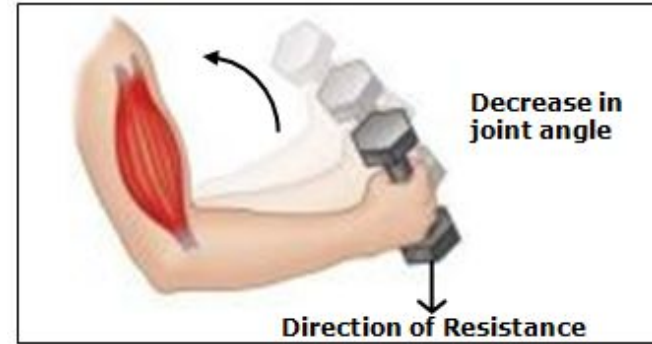
- **Continuous, low-strength** muscle contraction that allows us to **maintain our body position**
- Even when a muscle is **voluntarily relaxed, some of its fibers are contracting**
 - Muscle remains ready for action or “on duty”
- *Example:* **sitting or standing**



Types of Skeletal Muscle Contraction

2. Isotonic contractions- “same tone”

- **Muscle shortens**
- **Movement produced at joint**
- Internal tension (tone) of muscle **remains the same**
- *Example: lifting an object*



Types of Skeletal Muscle Contraction

3. Isometric contractions- “same length”

- Muscle is pitted against an **immovable object**
- Length of muscle **is not changed**
- **Tension of muscle increases**
- **No movement produced**
- *Example: pushing against a wall*

