

Commentary

Maintaining a Healthy Musculoskeletal System

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Introduction

Musculoskeletal system includes bones, cartilages, joints, muscles, tendons and ligaments, connective tissues of our body which help to move and maintain the posture of body. Sometimes the activities of the musculoskeletal system get affected because of various reasons like aging, disease conditions, injuries, genetic issues etc., The musculoskeletal are very common but one should not neglect these issues as it might lead to ever-lasting problems which is very troublesome.

The movements of the musculoskeletal system are controlled by the brain as they have voluntary movements, brain sends the required stimuli to the muscles through motor nerves and gets back the response from the organs by the sensory nerves, this way our body performs the necessary activities, the end of the activity is also ordered by the brain to the muscles. The parts of the musculoskeletal system include bones, muscles, joints, cartilage, ligaments and tendons.

There are 206 bones in our body which help us to protect the interior organs, movement of body and maintain the position of it. Muscles are made up of many fibres which help our body to maintain a stiff posture and move exactly, muscles are of 3 types Skeletal muscles, smooth muscle, cardiac muscle, cardiac and smooth muscle are also involuntary in action, whereas skeletal muscles are voluntary in action. Joints are the place where two or more are connected like knee and ball and socket joint in shoulder and pelvic region these allow the movement of the body in particular joint which makes it more flexible. Cartilage is the soft tissue present between the bones it acts a shock absorber and reduces the friction between bones. Ligaments are fibres which connect bone to bones and tendons are the fibres which connect muscles to bones.

The factors that affect the activity of the musculoskeletal system are, aging where the muscle loses its flexibility and the bones lose their density leading to issues like osteoporosis. Health issues like osteoarthritis and cancer like bone cancer and sarcoma lead dis-functioning of the musculoskeletal system. In case of any injuries and activities like bone fractures, ligament tears, other issues related to bones and muscles. Sometimes the genetic problems also affect the functioning of the musculoskeletal system. The musculoskeletal issues are very common in population; most commonly suffered disorder is the back pain which almost 60% people suffer.

Maintain a healthy weight according to the height; this reduces the strain on the joints and bones. Take healthy meal which includes lot of calcium, iron and magnesium; prefer more green leafy vegetables and vegetables like pumpkins, eggs, milk. Quit smoking and tobacco intake as it reduces the blood flow to the bones which inturn causes many disorders. After a particular age one needs to regular checkup of the body, this helps us to identify and rectify the defects.

Prevention of disorder is better than suffering through it; the following are the steps which will help to achieve a healthy musculoskeletal system. Exercise regularly, do the exercises that strengthen up joints, bones and muscles.

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Conflict of Interest

We have no conflict of interests to disclose and the manuscript has been read and approved by all named authors.