Movement

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| **Across**  **1.** Give support and provide area for attachment of muscles  **3.** Allow movement in almost any direction (3 wds.)  **6.** Hold bones in a joint in place  **9.** Type of joint enclosed in a capsule with fluid  **13.** Skeleton outside the body  **14.** Allows free movement along two planes  **15.** True or False: Muscle fibres either contract maximally or not at all  **17.** Attachment to the less movable bone  **19.** Their action causes the flexion and extension of the limbs (2 wds.)  **20.** Allows rotation around the longitudinal axis of the bone  **21.** Contraction in which the muscle produces force, but the length of the muscle does not change | **Down**  **2.** Plasma membrane of the muscle fibre  **4.** Makes up the thin filaments  **5.** Skeletons inside the body  **7.** Contraction in which shortening of the muscle causes movement  **8.** Contractile unit of muscle fibre  **10.** Attachment to the movable bone  **11.** Makes up the thick filaments  **12.** Examples include the knee and elbow  **16.** Enable movement  **18.** Muscle fibers are \_\_\_\_\_\_nucleate |