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 |