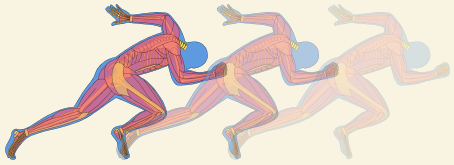
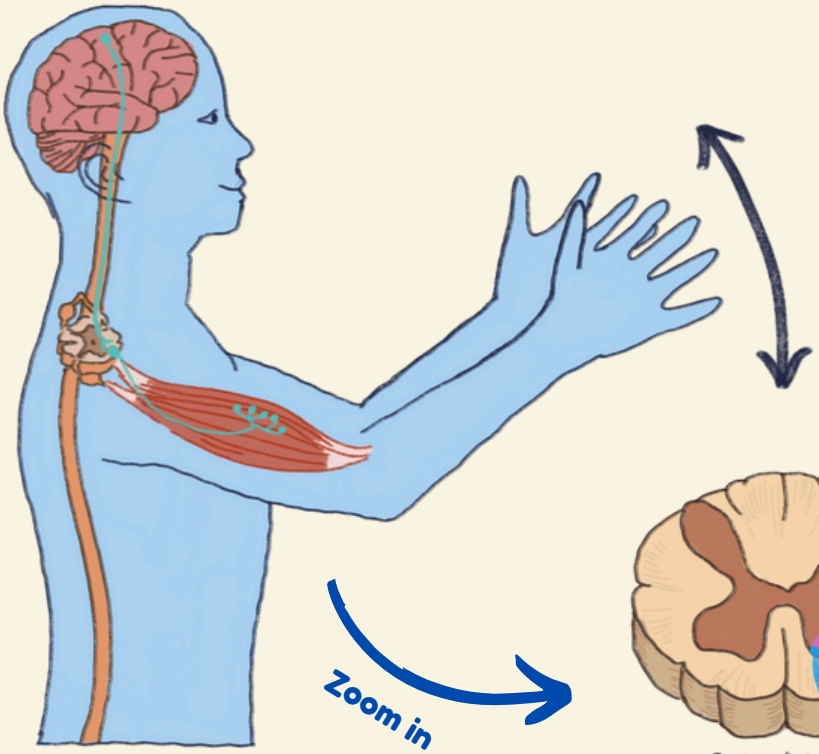
HOW WE MOVE!

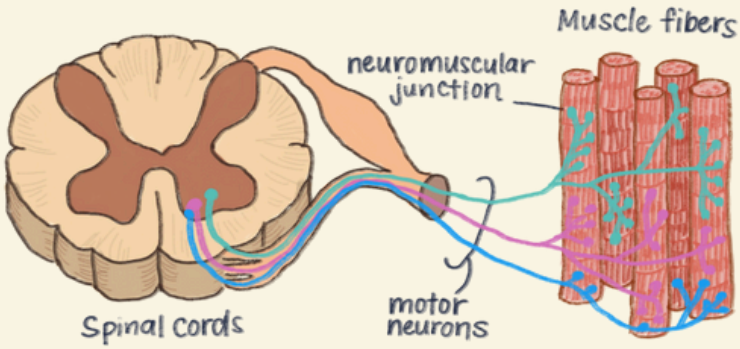


How our brain makes our muscles move

From playing soccer to waving hello, **voluntary movement** (movement you choose to do) is controlled by the **cerebrum** (suh-REE-brum) of the brain. Special cells called **neurons** in the brain make connections with neurons in the **spinal cord** which then extend to our **muscles**. Muscles make our bodies move.



Zoom in

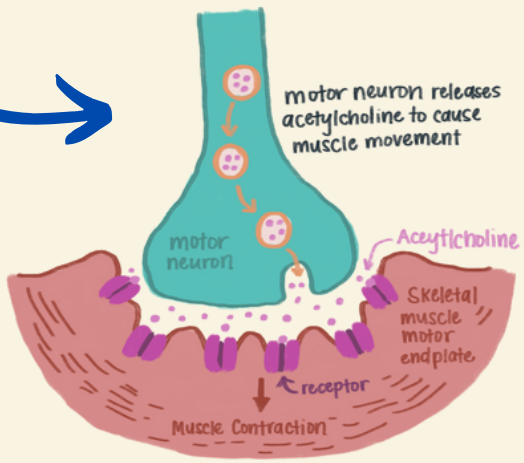


Motor neurons are neurons from the spinal cord to muscles and control muscle movements

Neuromuscular Junction (NMJ)

- A type of synapse (a connection between a neuron) that connects a **motor neuron** to a muscle fiber
- To make a muscle move, at the NMJ the motor neuron will release the chemical **acetylcholine (ACh)** . ACh binds to receptors in the muscle endplate leading to muscle contraction.

Zoom in



Infographic by Hannah Pon

References:

Purves, D. (2018). Neuroscience (6th ed.). Oxford University Press.