



Glossary

Reflex: An action that is performed without conscious thought as a response to a stimulus

Multipennate muscle: A muscle with several central tendons towards which the muscle fibres converge like the barbs of feathers

Ligament: A short band of tough, flexible fibrous connective tissue which connects two bones or cartilages or holds together a joint.

Muscle Spindle: Muscle spindles are sensory receptors within the belly of a muscle that primarily detect changes in the length of this muscle

Cerebral cortex: The outer layer of the cerebrum (the *cerebral cortex*), composed of folded grey matter and playing an important role in consciousness

Proprioceptors. A sensory receptor that is located deep in the tissues that functions in proprioception (as in response to changes of physical tension or chemical condition within the body)

Limb girth measurement: Circumference measures at standard anatomical sites around the body,

Hyper-mobility joint: Joints that move beyond the normal range with little effort

Hypo-mobility joint: Refers to reduced movement of the joint

Stretch reflex: The stretch reflex is a muscle contraction in response to stretching within the muscle