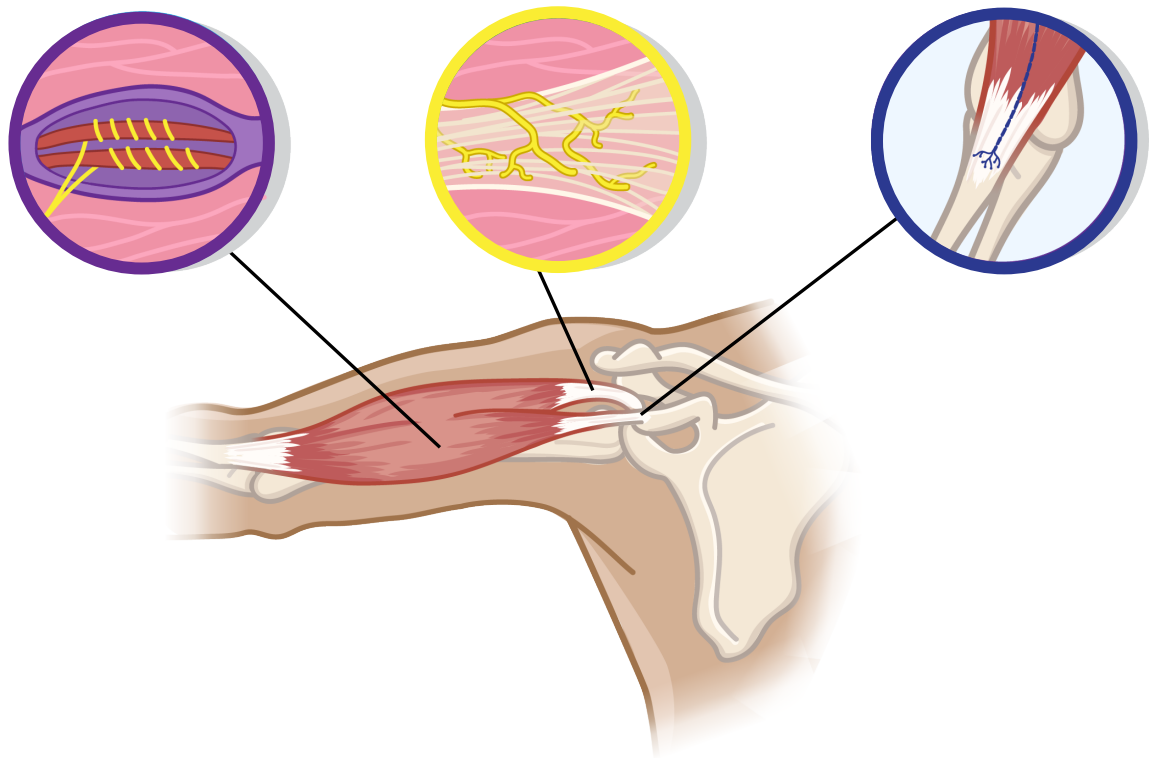


TOPIC: PROPRIOCEPTORS

- *Recall:* Proprioceptors are located in the musculoskeletal system. There are _____ types you need to know:

Name	① Muscle Spindles	② Golgi Tendon Organs	③ Joint Kinesthetic Receptors
Location	Skeletal muscle	Tendons	Synovial joints
Structure	Intrafusal fibers enclosed in connective tissue capsule	Sensory nerve endings coiled between collagen _____	Four different receptor types
Monitors:	Muscle _____	Muscle _____	_____ position & stretch
Notes	Initiates stretch _____	Initiates tendon reflex	Composed of lamellar corpuscles, bulbous corpuscles, tendon organs, free nerve endings



EXAMPLE: Which type of proprioceptor would be activated when your muscles tense up?

- Muscle spindles.
- Golgi tendon organs.
- Joint kinesthetic receptors.
- None of the above.

TOPIC: PROPRIOCEPTORS

PRACTICE: Muscle spindles are involved in which type of reflex?

- a) Tendon reflex.
- b) Withdrawal reflex.
- c) Stretch reflex.
- d) Tension reflex.

PRACTICE: Joint kinesthetic receptors are crucial for which of the following functions?

- a) Balance and equilibrium.
- b) Fine muscle control.
- c) Hearing.
- d) Maintaining muscle strength.