

# Skeletal Nervous System

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## RECOMMENDED CITATION

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The skeletal nervous system consists of the bones in the skeleton, the muscles attached to them, and the nervous system that controls the movements of both. The skeleton is essentially a system of rods and hinges. The skeleton cannot move without the muscles attached to them that constrict and release creating movement. Neither can the muscles and bones move without the nervous system's control. The skeletal nervous system works only as well as the bones, muscles, and nervous system work together.

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