

MESODERM

(Collated by Michelle Wilkinson www.movingnaturally.co.uk)

Around the end of the second week or 15 days the primitive streak (embryonic disc) is formed creating two distinct germ layers the endoderm and the ectoderm. On day 16 a third germ layer emerges between called the mesoderm.

Deriving from Latin, mesoderm means middle skin, tissue or substance.

This middle germ layer is both the body's action system responsible for movement and forms the body's supporting structure.

Mesoderm is comprised of muscles and connective tissues. It includes the heart, reproductive organs, kidneys and the dentine of the teeth.

Bone, cartilage, ligaments and tendons are increasingly flexible forms of firm connective tissue.

Blood, lymph and cerebrospinal fluid are liquid forms of connective tissue.

It is the tissue derived from the embryonic mesoderm that appears most amenable to voluntary physical change.

It is a mutable germ layer connecting all parts of the body with each other.

Tissue changes more quickly where there is a greater blood supply. For example, the tendons have a stronger blood supply than ligaments and as a result are more flexible.

Fascia, neither a firm or liquid connective tissue, is a whitish connective membrane seen between the fat and muscle of a leg of lamb or under the skin of chicken. It creates a sheath and envelopes most things in the body such as blood vessels, bones, muscles, nerves and organs.