

## SYNOPSIS

**What:** A type of **muscle fiber** that is **long and thin**, with **many nuclei** and **no striations**. It is **found in the walls of hollow organs**, such as the **stomach, intestines, and bladder**.

**How:** These fibers are **smooth muscle fibers**, which are **involuntary** and **non-striated**. They are **controlled by the autonomic nervous system** and **contract slowly and rhythmically**.

**Why:** They are **essential for the movement of food and waste** through the digestive tract and for **maintaining blood pressure**.

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Diagram of a smooth muscle fiber showing its long, spindle shape and multiple nuclei.



Microscopic image of smooth muscle fibers showing their characteristic spindle shape and multiple nuclei.