

# LARGE INTESTINE: MUSCULARIS EXTERNA ANATOMY

[ Anatomy Illustration: Taeniae Coli, Haustra, and Circular Muscle Layers ]

<b>Internal Layer</b>	Continuous sheet of <b>Circular Smooth Muscle</b> .	Facilitates segmentation and local constriction to mix contents.
<b>Taeniae Coli</b>	Three distinct longitudinal bands of smooth muscle (Mesocolic, Free, and Omental).	Maintains tonic contraction to shorten the intestinal tube.
<b>Haustra</b>	Sacculations caused by the bunching of the colon wall.	Increases surface area and allows for expansion during fecal storage.
<b>Myenteric Plexus</b>	Nerve network (Auerbach's) located between circular and longitudinal layers.	Coordinates the frequency and strength of peristaltic contractions.
<b>Mass Movements</b>	High-amplitude propagating contractions (HAPCs).	Drives large volumes of waste toward the rectum (occurs 3-4 times daily).