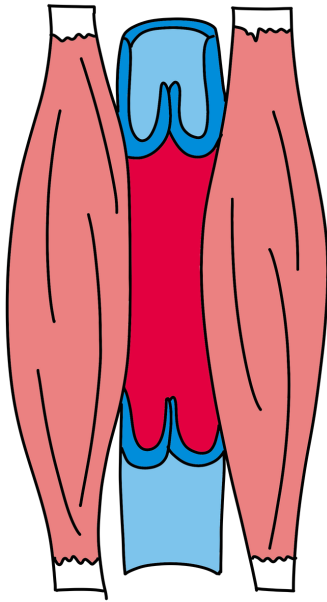
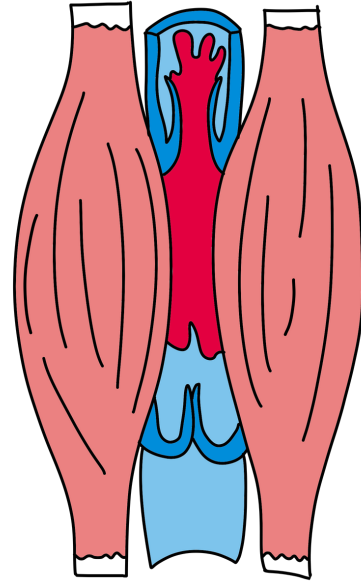


veins & one-way valves

Since blood inside the vein is transported at low pressures, it's difficult for the blood to move against gravity and to travel. By using valves, it prevents backflow of blood to ensure circulation of the blood back to the heart.



**Muscles relaxed,
Valves closed**



**Muscles contracted,
Valves opened**

1. Skeletal muscle is relaxed
2. Blood remains sitting
3. Because of valves, the blood does not travel backwards
4. Remains stagnant until another contraction/pulse causes movement

1. Skeletal muscle is contracted
2. Vein is squeezed
3. Valves open up from contraction
4. Blood travels and continues to be circulated back up to the heart

diagram not to scale nor in proper proportion to one another