

Table 2-2

Fiber Type Classification Schemes

| Basis for Scheme | Fiber Type Spectrum | | | Authors |
|---------------------------|---------------------|--------------------------------------|---------------|--------------------------|
| Metabolic | SO | FOG | FG | Peter et al. (1972) |
| Morphology and physiology | Slow red | Fast white | Fast white | Ranvier (1873) |
| Z-line width | Red | Intermediate | White | Gauthier (1969) |
| Histochemistry | III | II | I | Romanul (1964) |
| Histochemistry | Type 1 | Type 2A | Type 2B | Brooke and Kaiser (1972) |
| M-band bridging pattern | Five bridges | Three inner, two faint outer bridges | Three bridges | Sjöström et al. (1982) |
| Immunohistochemistry | Type 1 | Types 2A and 2X | Type 2B | Schiaffino et al. (1989) |

Abbreviations: SO, slow oxidative; FOG, fast oxidative glycolytic; FG, fast glycolytic.