

Bell Ringer

January Vocabulary Words

Test 5

February 4, 2016



Muscular System

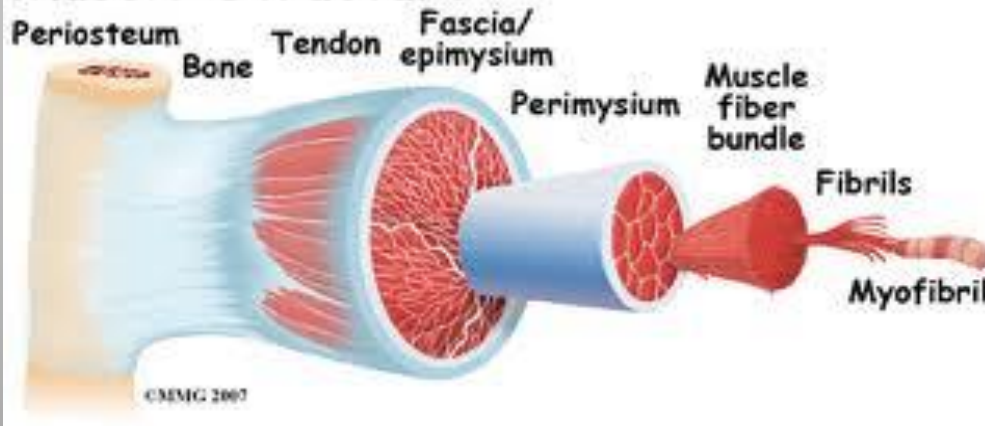
<http://www.getbodysmart.com/index.htm>

Muscular System

January 5, 2016

- an organ system consisting of skeletal, smooth and cardiac muscles.
- It permits movement of the body, maintains posture, and circulates blood throughout the body.

Muscle Structure



<http://www.innerbody.com/image/musfov.html>

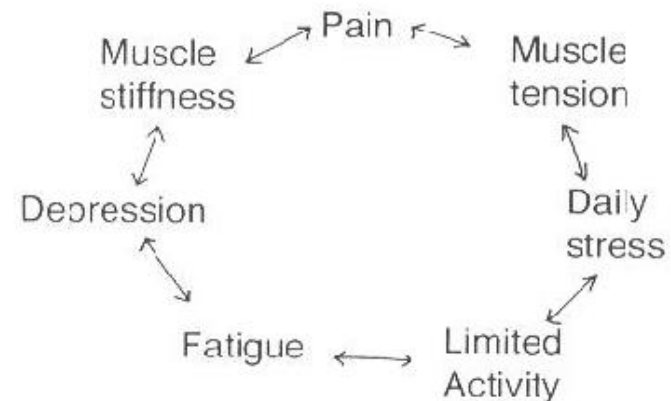
January 6, 2016

Fibromyalgia

- A chronic disorder characterized by widespread musculoskeletal pain, fatigue, and tenderness in localized areas



Fibromyalgia Cycle



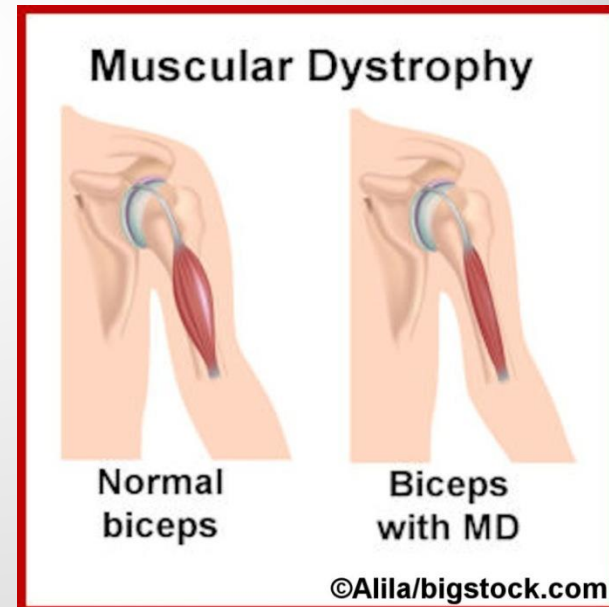
January 7, 2016

Muscular Dystrophy

- A hereditary condition marked by progressive weakening and wasting of the muscles. Muscle cells die and loses the ability to move.



Duchenne muscular dystrophy



<http://www.webmd.com/children/understanding-muscular-dystrophy-basics>

https://www.youtube.com/watch?v=L2typ_mVxdw

MDA - <https://www.youtube.com/user/MySpaceMDA>

Myasthenia Gravis

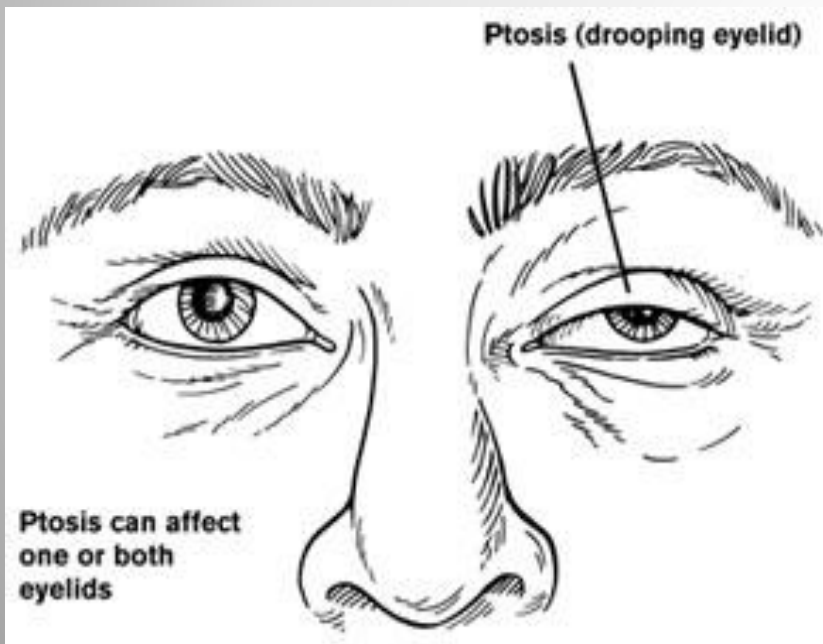
January 8, 2016

- A chronic condition where nerve impulses are not properly transmitted to the muscles. This leads to progressive muscular weakness and paralysis.
- If the condition affects the respiratory muscles, it can be fatal. (Cause is unknown)
- Autoimmune disease (antibodies attacks the body's own tissues)
- No cure

<http://www.myasthenia.org/>

Myasthenia Gravis

The disease most commonly affects muscles that control eye and eyelid movement, so the first symptoms you notice may be eyelid drooping and/or blurred or doubled vision. The majority will go on to develop weakness in other muscle groups within one or two years.



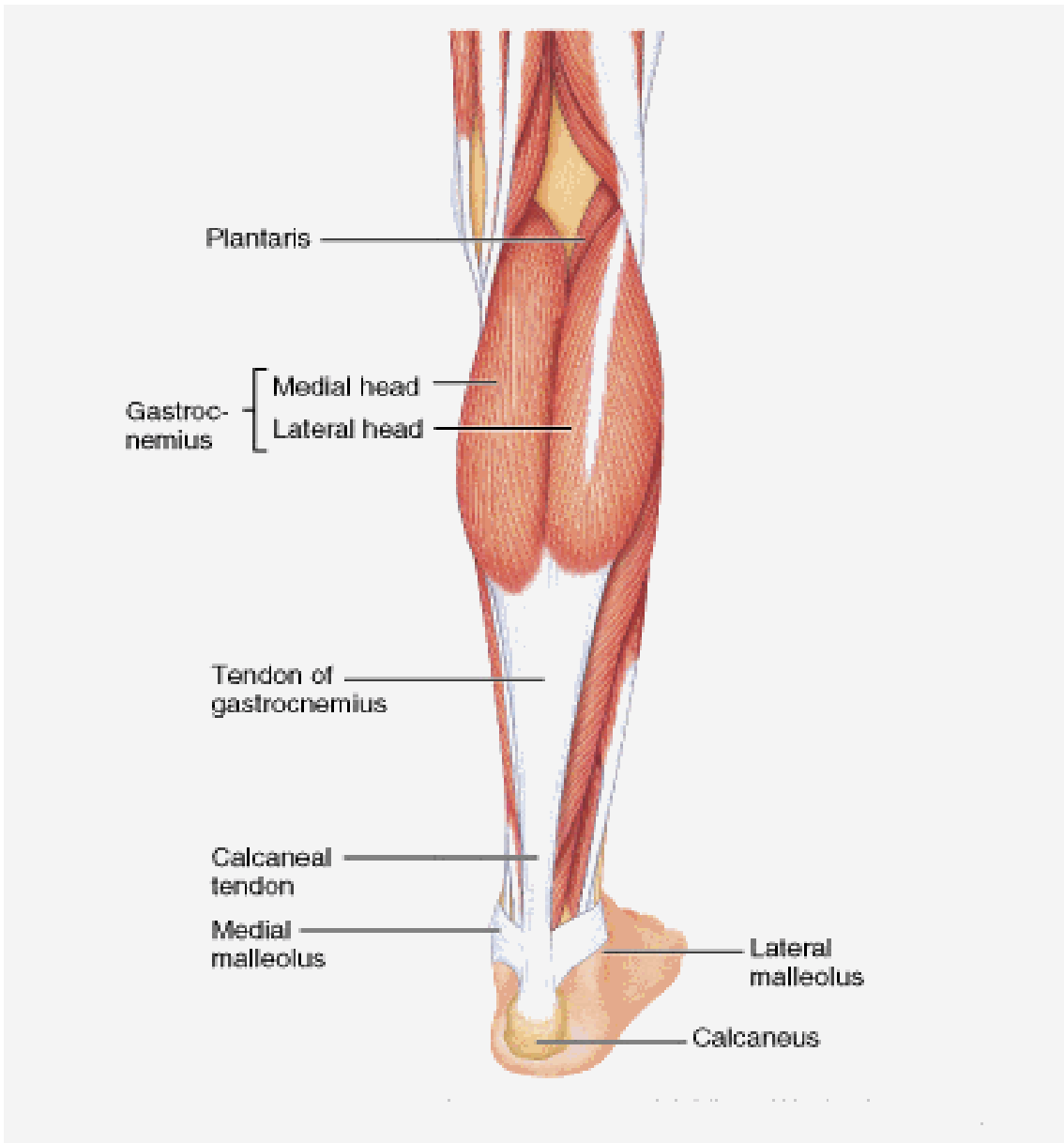
January 11, 2016

Muscle Spasms

- A sudden painful and involuntary muscular contraction.
- Usually occur in the legs or feet and may result from over exertion or poor circulation.



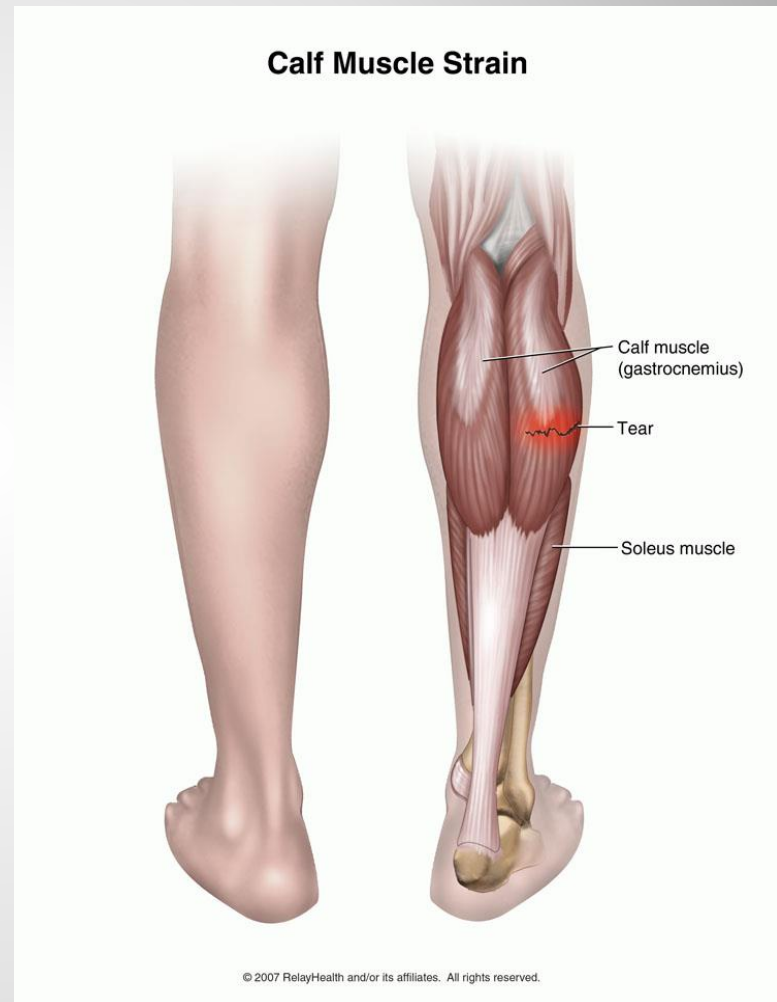
http://www.medicallook.com/Pain_relief/Muscle_spasm.html



Strain

- An injury to a muscle or tendon in which the muscle fibers tear as a result of overstretching.
- Frequent sites include the back, arms, and legs.
- Prolonged or sudden muscle exertion is usually the cause.
- Symptoms include myalgia, swelling, and limited movement.

January 12, 2016

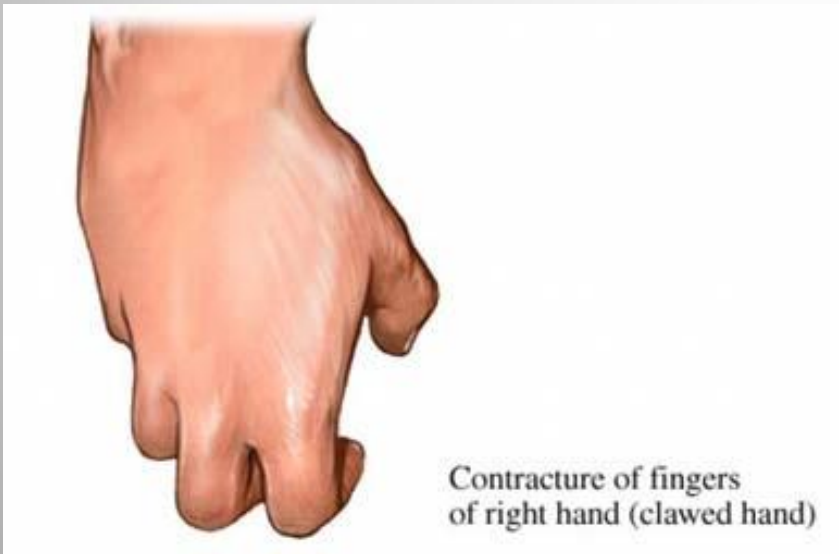


http://www.summitmedicalgroup.com/library/adult_health/sma_calf_strain_tear/

Contracture

January 13, 2016

- A severe tightening of a flexor muscle resulting in bending of a joint.
- Results from lack of use.



Excitability

January 14, 2016

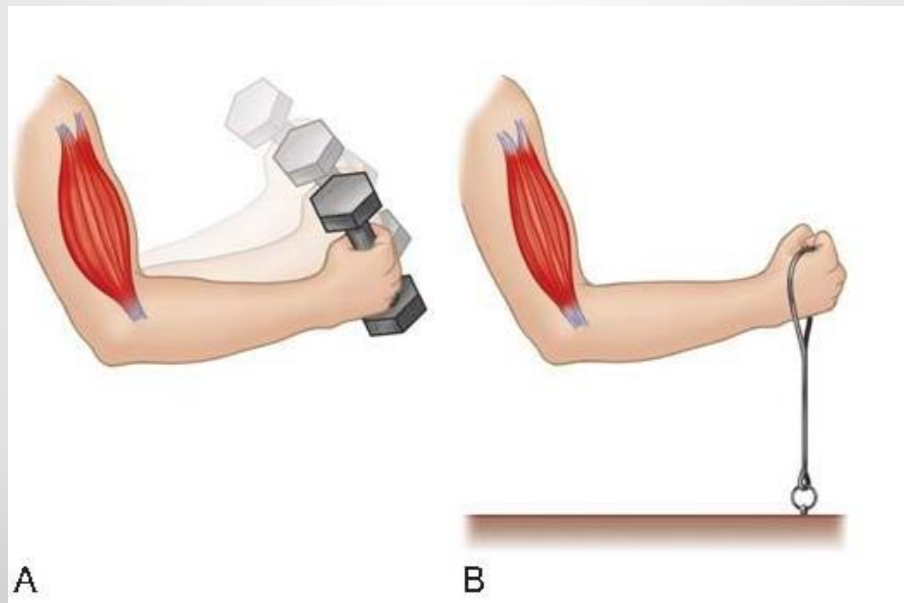
- Irritability, the ability to respond to a stimulus such as a nerve impulse



Contractibility

January 15, 2016

- Muscle fibers that are stimulated by nerves **contract**, or become short and thick, which causes movement



Extensibility

January 19, 2016

- The ability to be stretched from the normal resting length.



http://www.mhhe.com/biosci/esp/2001_saladin/folder_structure/su/m4/s8/

Elasticity

January 20, 2016

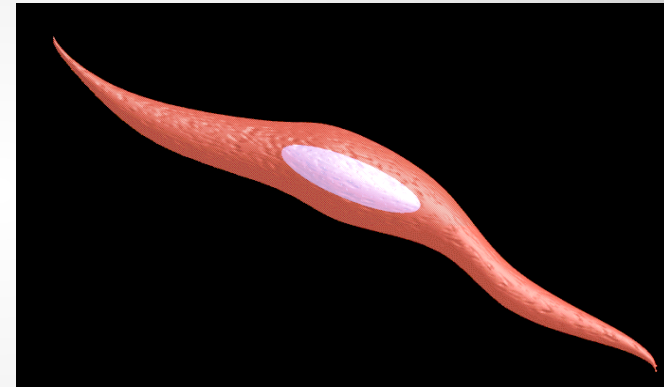
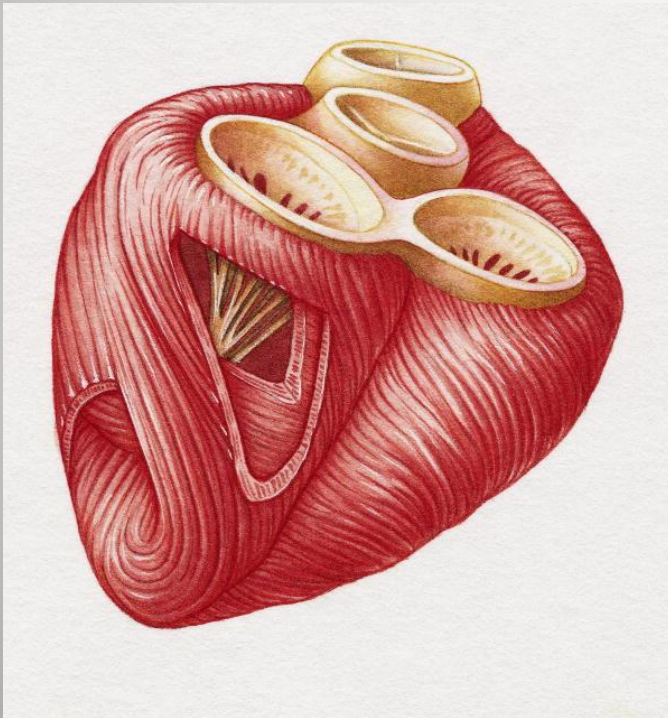
- Allows the muscle to return to its original shape after it has contracted or stretched



Involuntary Muscle

January 21, 2016

- The muscle function without conscious thought or control. (Cardiac & Visceral)



digestive

blood vessels

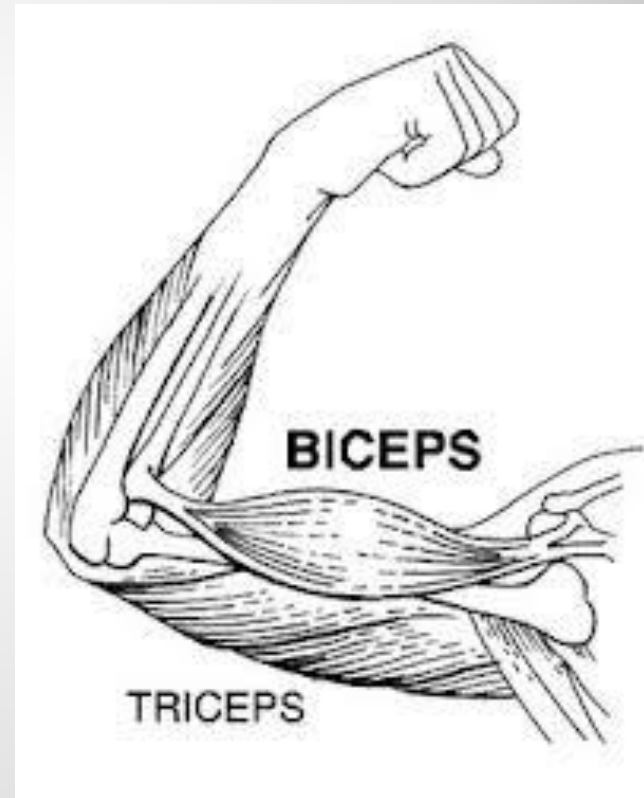
respiratory

eyes

Voluntary Muscle

January 22, 2016

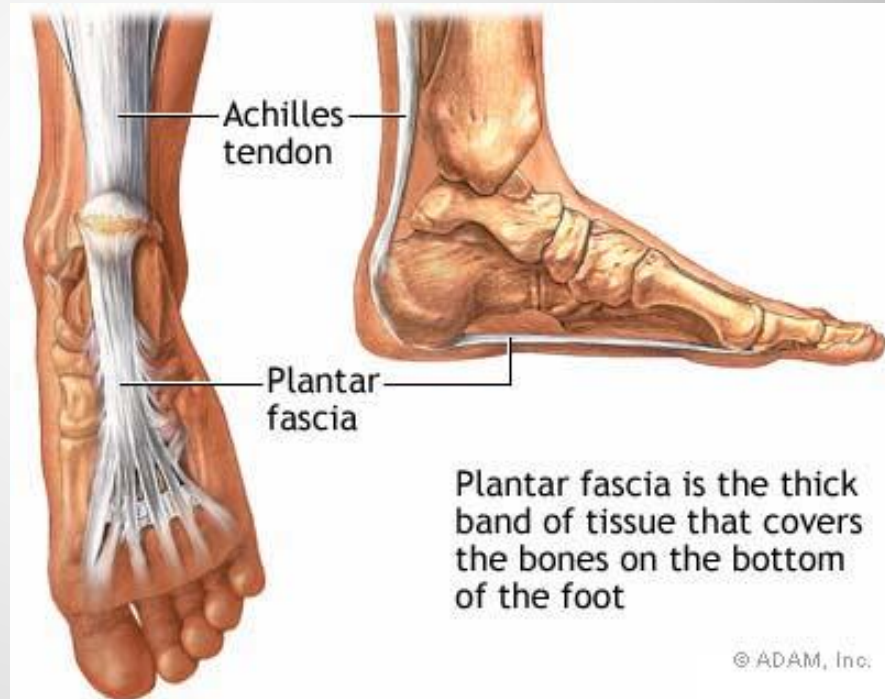
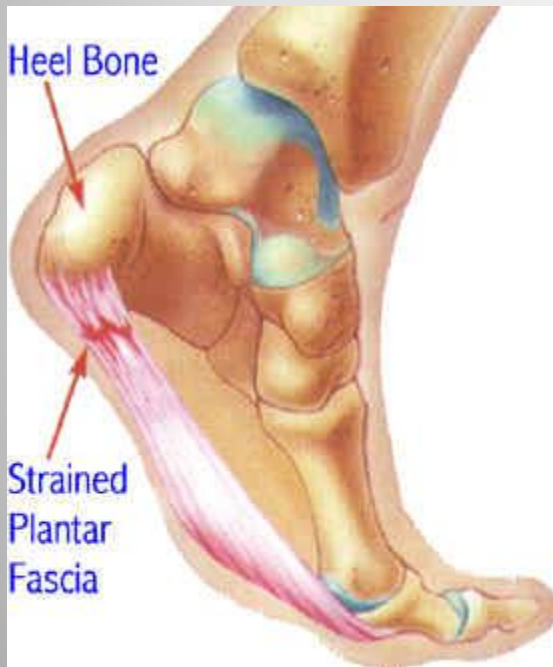
- A muscle where the person has control over the action.



Fascia

January 25, 2016

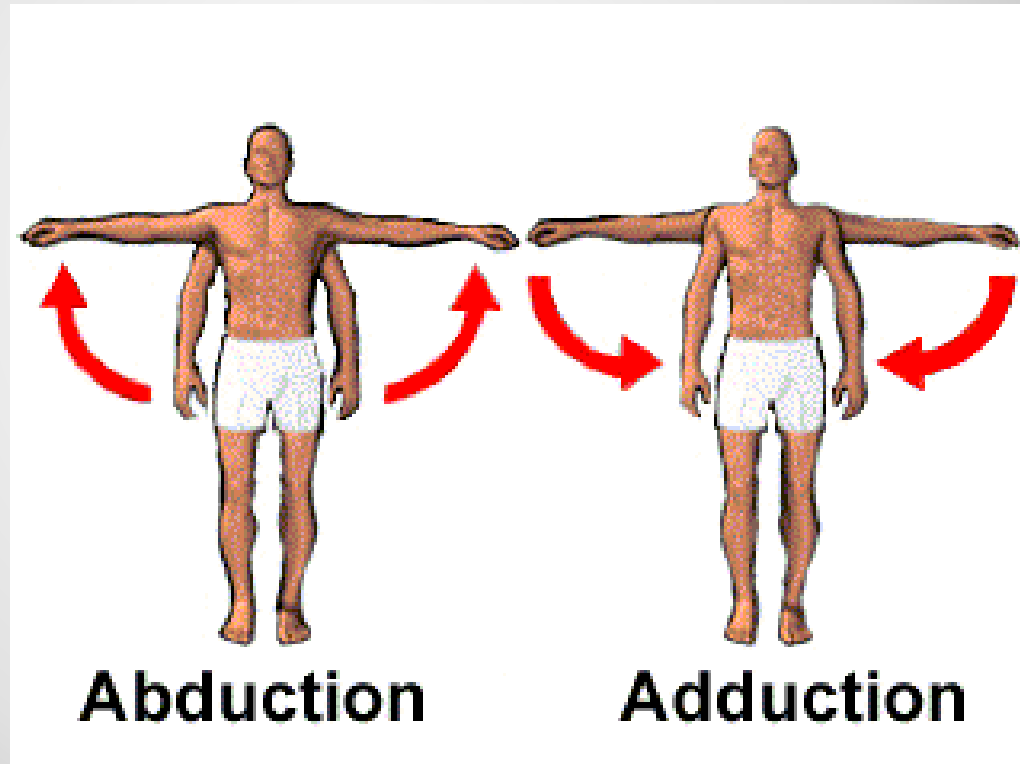
- A tough, sheet-like membrane that covers and protects the tissue



Adduction

January 26, 2016

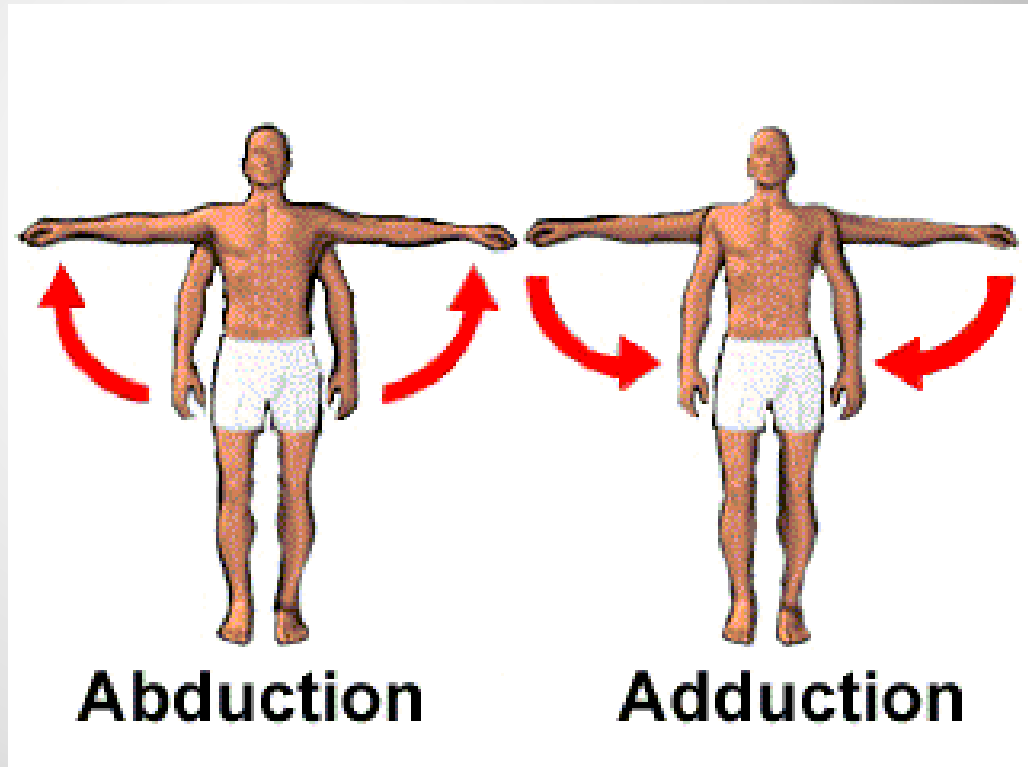
- Moving a body part toward the midline of the body



Abduction

January 27, 2016

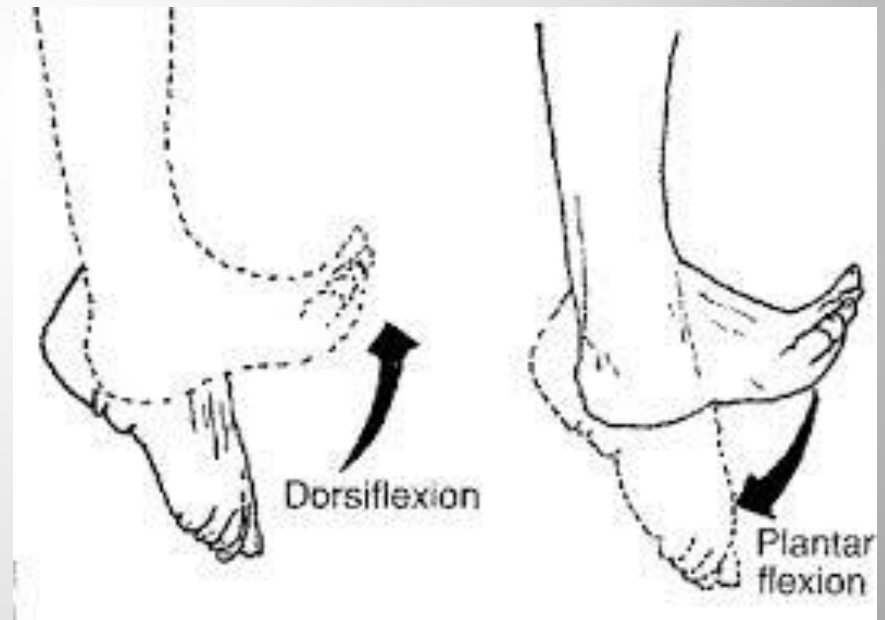
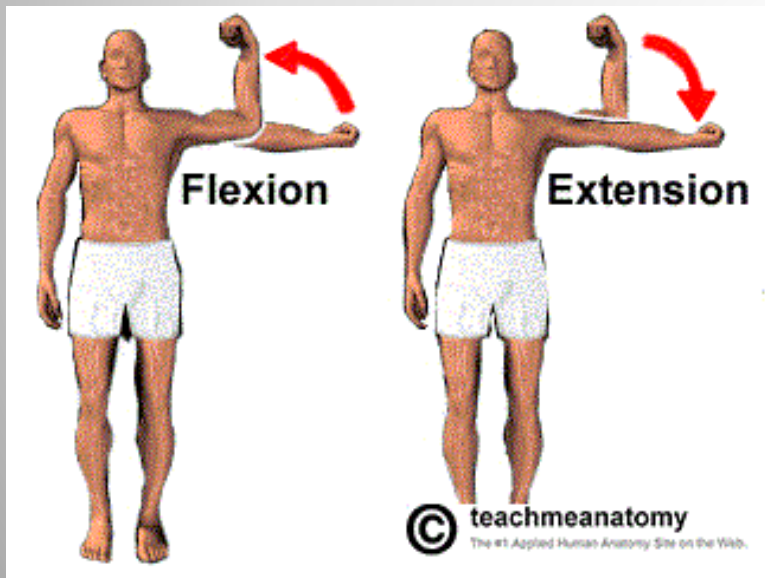
- Moving a body part away from the midline of the body.



Flexion

January 28, 2016

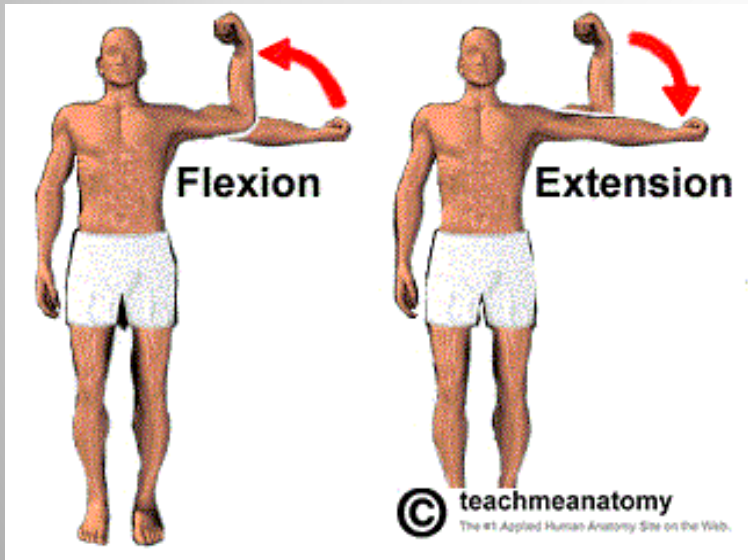
- Decreasing the angle between two bones, or bending a body part



Extension

January 29, 2016

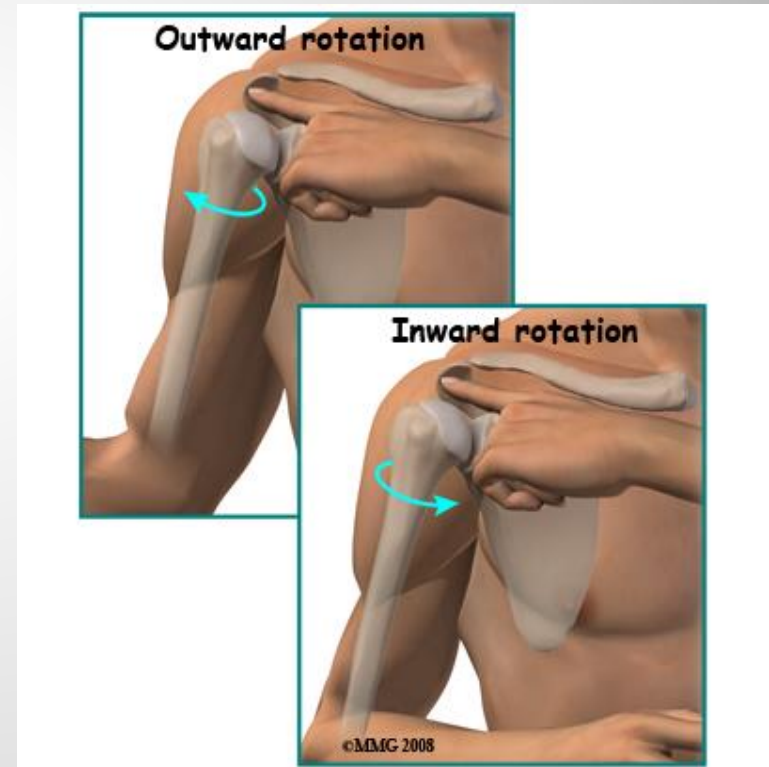
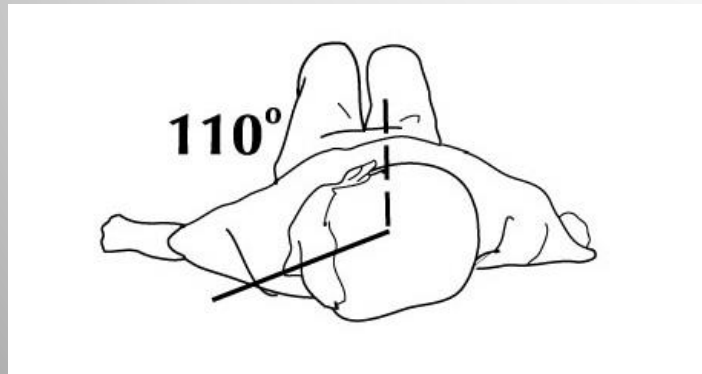
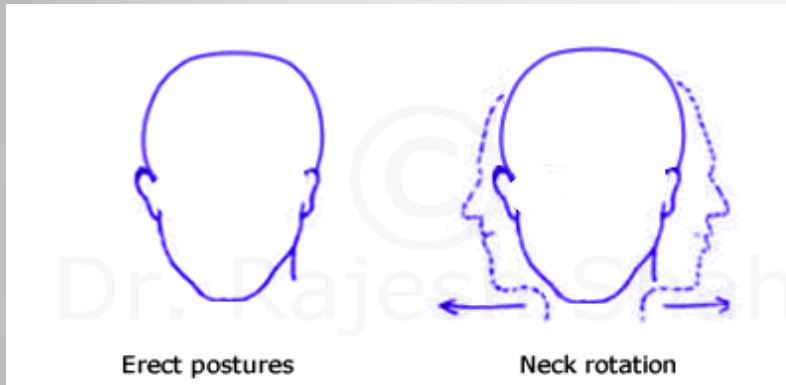
- Increasing the angle between two bones, or straightening a body part

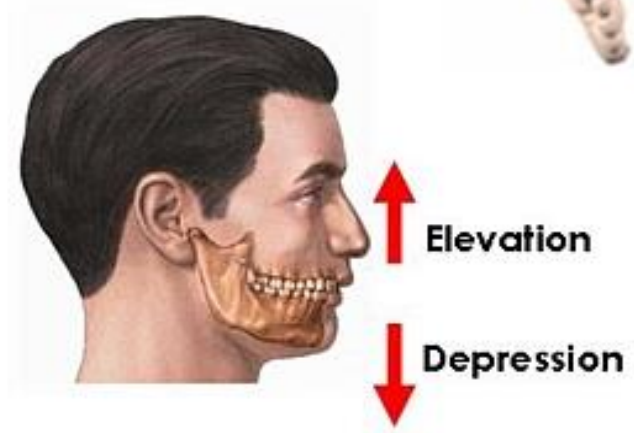
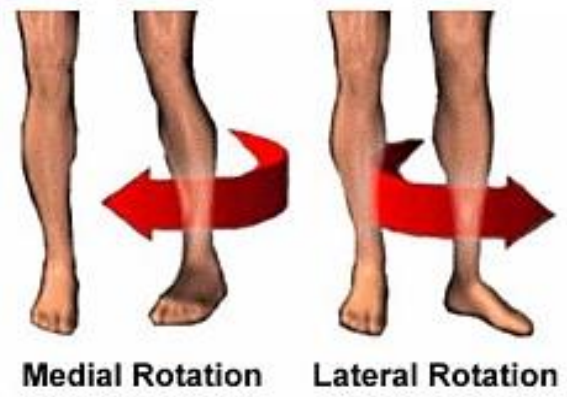
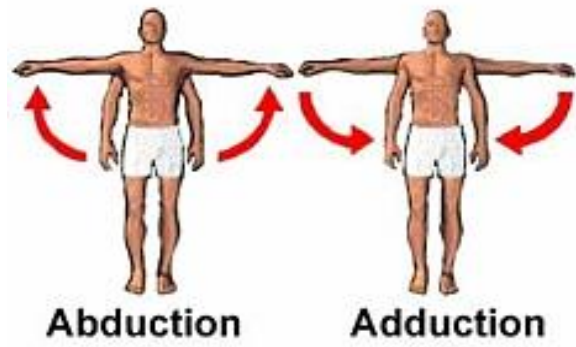
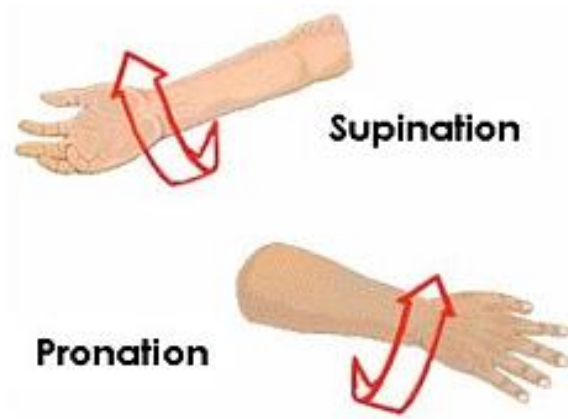
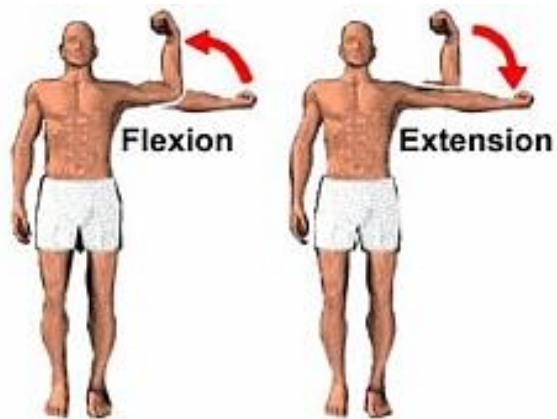


Rotation

February 1, 2016

- Movement in which a body part pivots or revolves around its own axis.





Circumduction

February 2, 2016

- moving in a circle at a joint, or moving one end of a body part in a circle while the other end remains stationary, such as swinging an arm or leg in a circle.



(a) Shoulder joint



(b) Hip joint

<http://www.yourepeat.com/watch/?v=XXPG84IpuEU>

Stanford School of Medicine: Stanford Medicine 25
(Gait Examination)

<https://www.youtube.com/watch?v=FFki8FtaByw>

Stanfordmedicine25.stanford.edu

Abnormal Gait Exam: Neuropathic Gait Demonstration

https://www.youtube.com/watch?v=F_F7DdAD7yU&index=3&list=PLD74972DCFB2D58C8