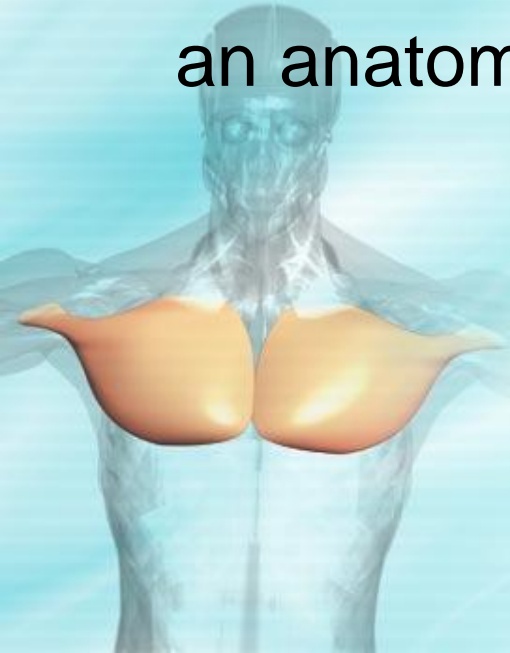


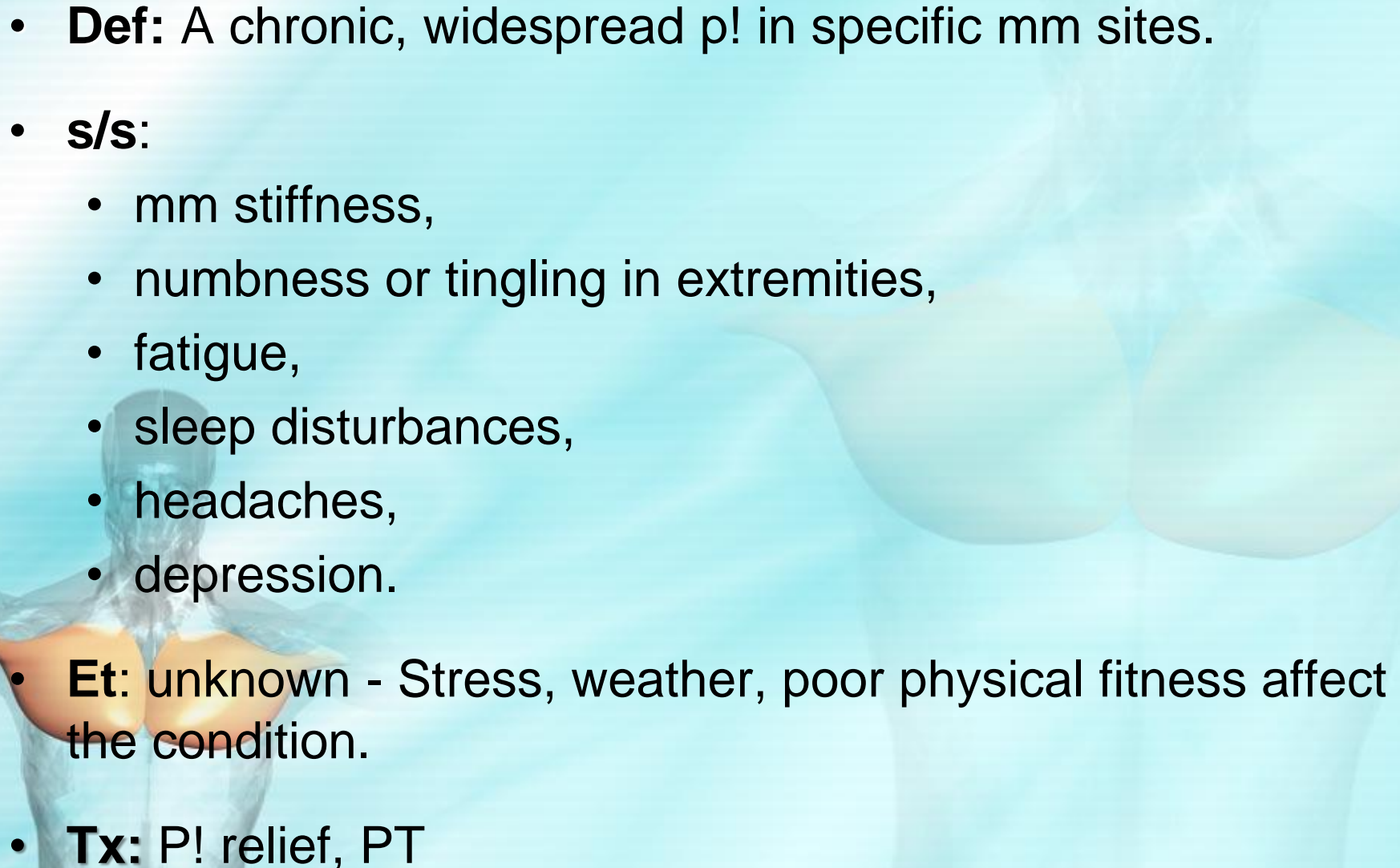
# Today's Agenda: 09/14/14

1. Students will get word part list for Friday's quiz.
2. **TO: Describe common disease and disorders of the muscular system.**
3. Students will label appropriate muscles to know for an anatomy labeling quiz next Thursday.

**Unit 1 EQ: What are the 11 body systems functions and common abnormalities?**

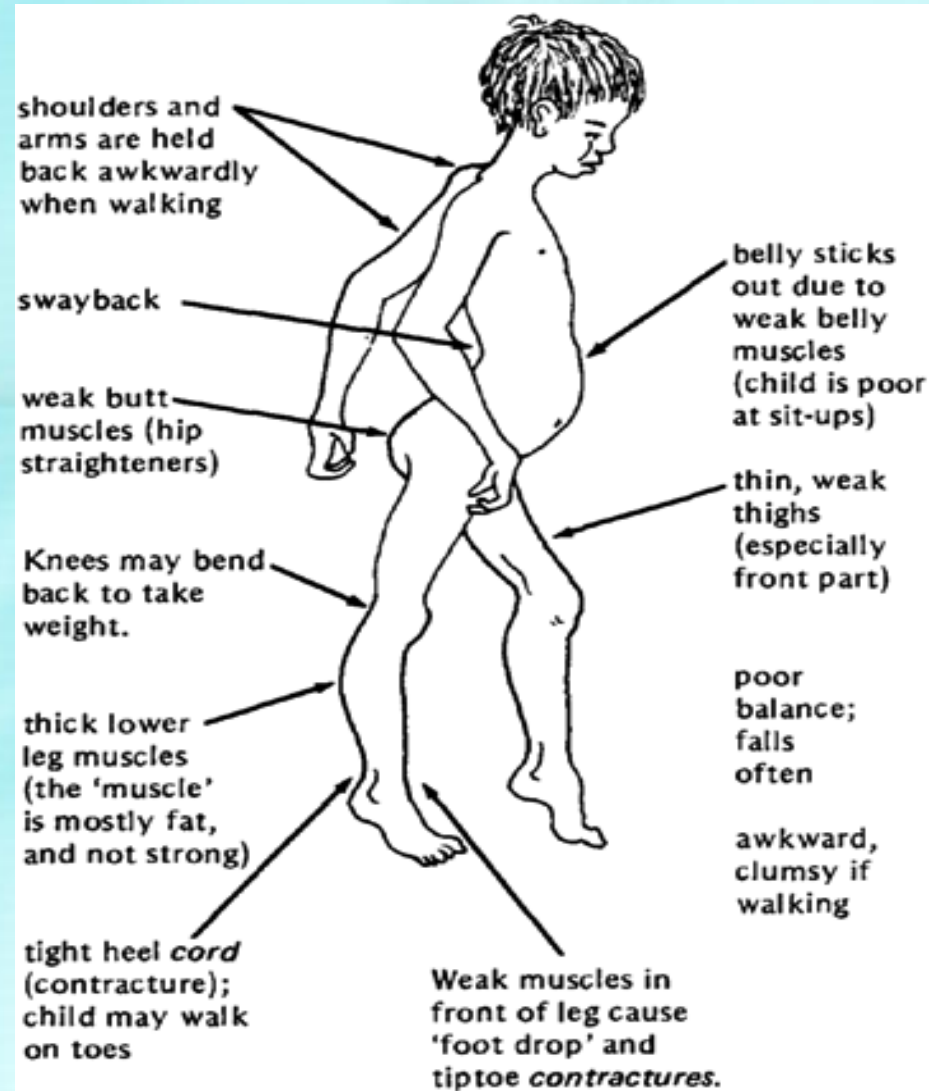


# Fibromyalgia

- **Def:** A chronic, widespread p! in specific mm sites.
  - **s/s:**
    - mm stiffness,
    - numbness or tingling in extremities,
    - fatigue,
    - sleep disturbances,
    - headaches,
    - depression.
  - **Et:** unknown - Stress, weather, poor physical fitness affect the condition.
  - **Tx:** P! relief, PT
- 
- An anatomical illustration of a human torso, showing the ribcage, spine, and major muscle groups. The muscles are highlighted in a light blue color, and the overall image has a soft, ethereal glow. The illustration is positioned on the left side of the slide, partially overlapping the text.

# Muscular Dystrophy

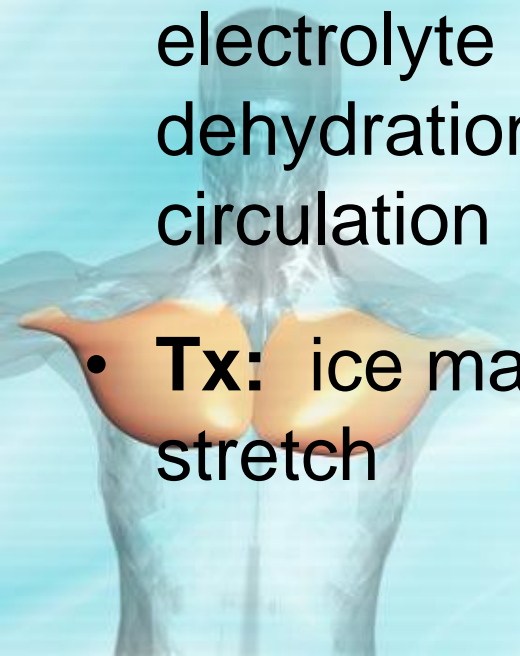
- **Def/Et:** inherited dz that leads to chronic, progressive mm atrophy; most result in total disability and early death; no cure.
- **Tx:** PT to slow progress





# Muscle Spasms

- **Def:** cramps, sudden, painful, involuntary mm contractions.
- **Et:** Overexertion, low electrolyte levels, dehydration, poor circulation
- **Tx:** ice massage, stretch



# Muscle Strain

- **Def:** injury to a muscle or tendon.
- Frequent sites ?
- **Et:** Forceful contraction, sudden change in direction
- **s/s:** muscle p!, swelling, limited ROM
- **Tx:** ice, PT



Strained muscle tissue



Normal muscle tissue







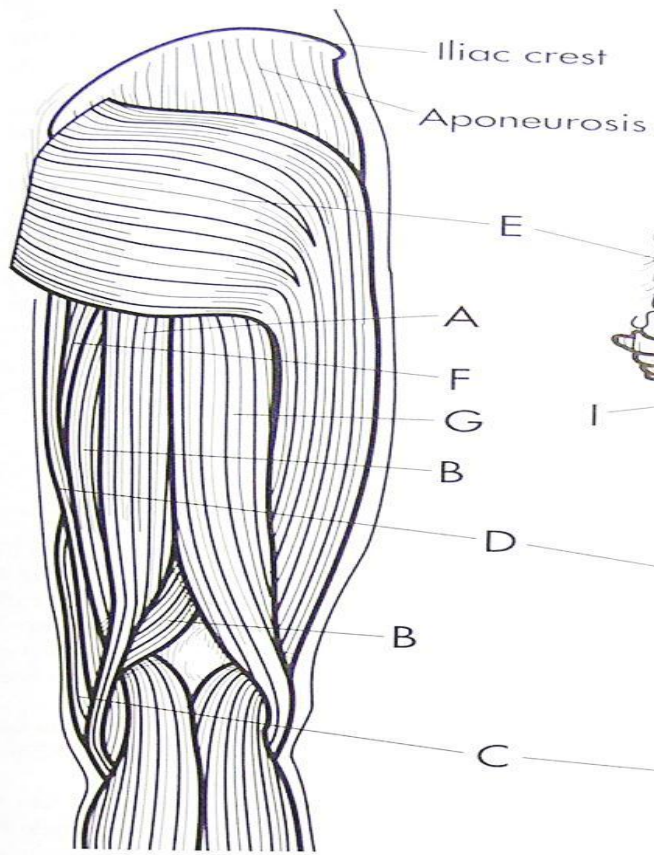




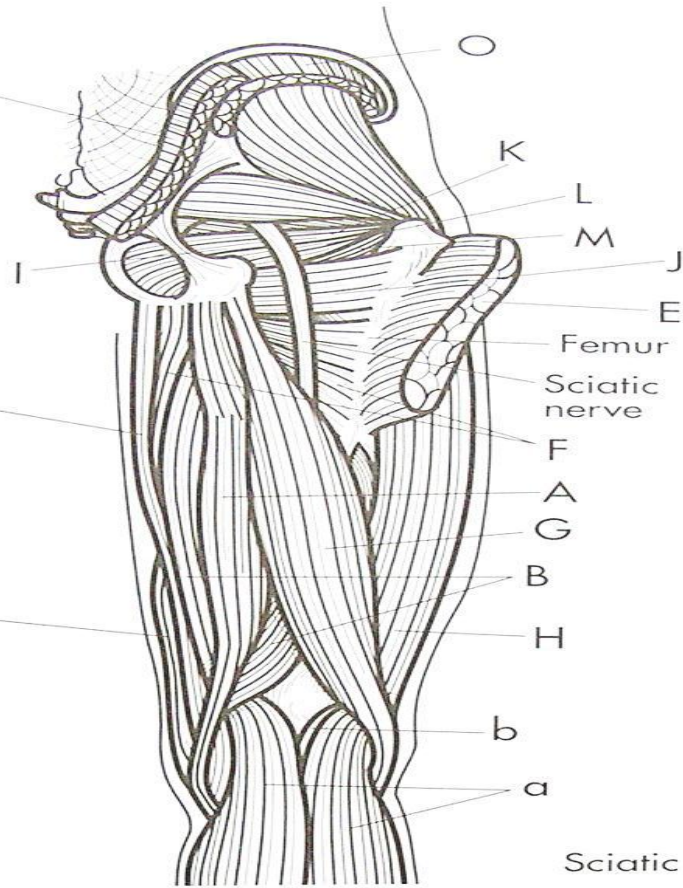




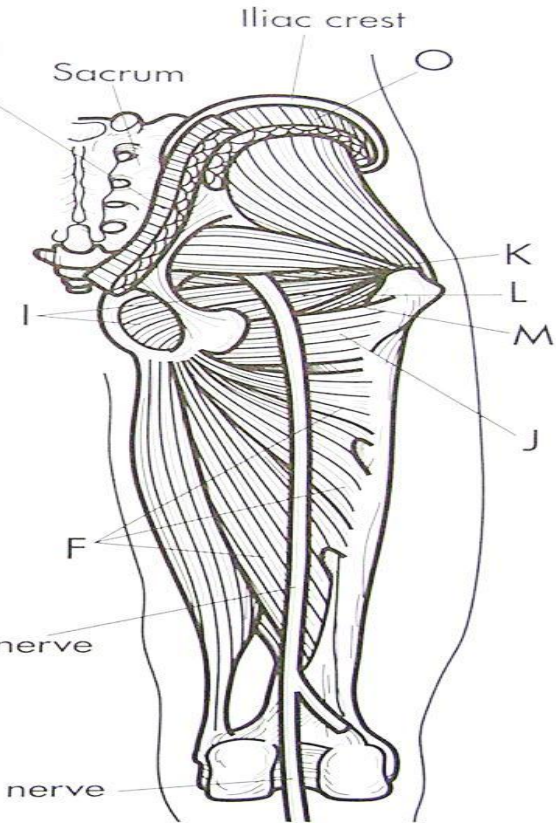
# MUSCLES OF THE THIGH (POSTERIOR)



Posterior superficial view



Posterior superficial view

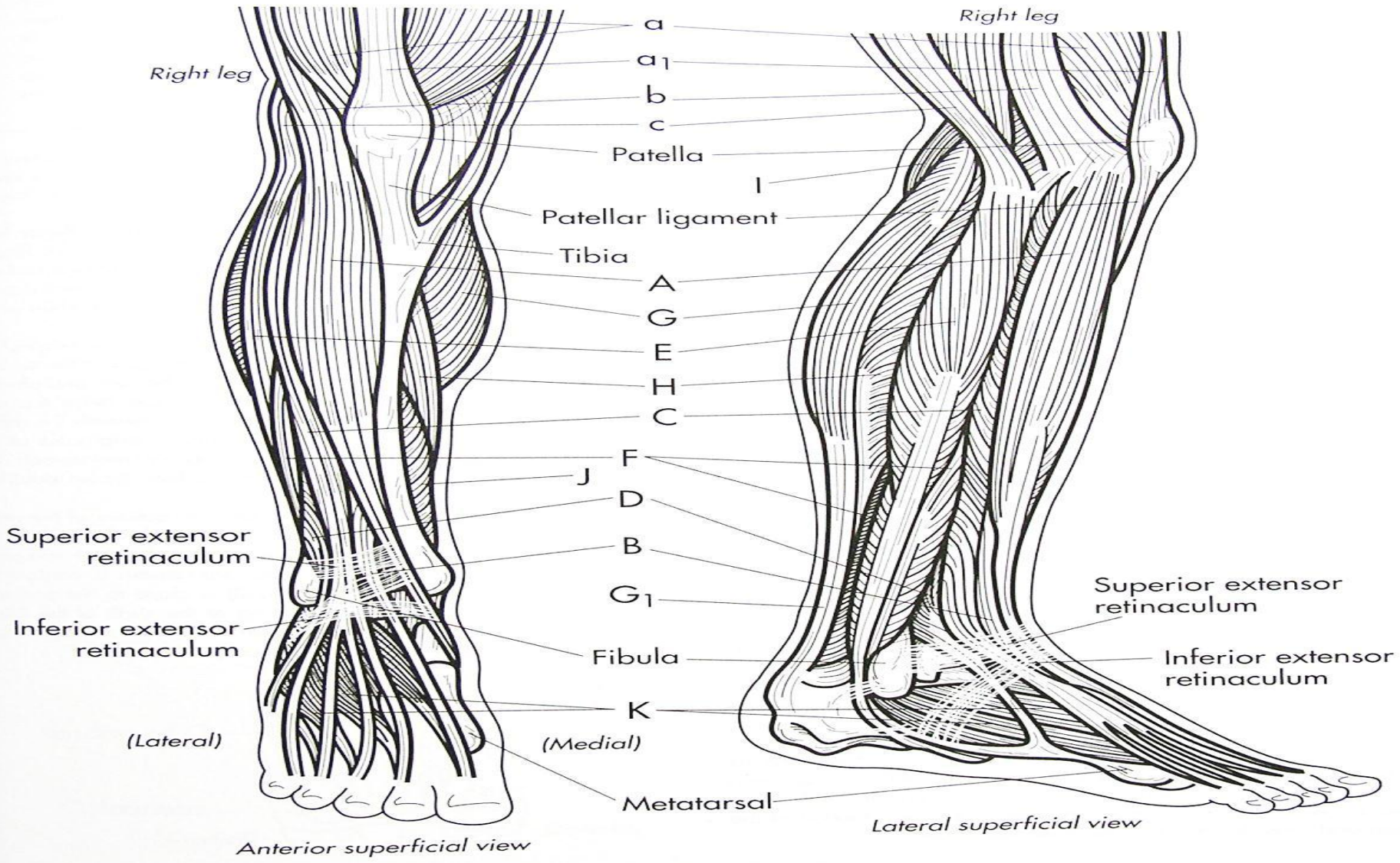


Posterior deep view

- |                    |   |   |
|--------------------|---|---|
| Semitendinosus     | A | ○ |
| Semimembranosus    | B | ○ |
| Sartorius          | C | ○ |
| Gracilis           | D | ○ |
| Gluteus maximus    | E | ○ |
| Adductor magnus    | F | ○ |
| Biceps femoris     | G | ○ |
| Vastus lateralis   | H | ○ |
| Obturator internus | I | ○ |
| Quadratus femoris  | J | ○ |
| Superior gemellus  | K | ○ |

- |                    |   |   |
|--------------------|---|---|
| Inferior gemellus  | L | ○ |
| Obturator externus | M | ○ |
| Gluteus medius     | O | ○ |
| Gastrocnemius      | a | ○ |
| Plantaris          | b | ○ |

**MUSCLES OF THE LOWER LEG (ANTERIOR AND LATERAL)**

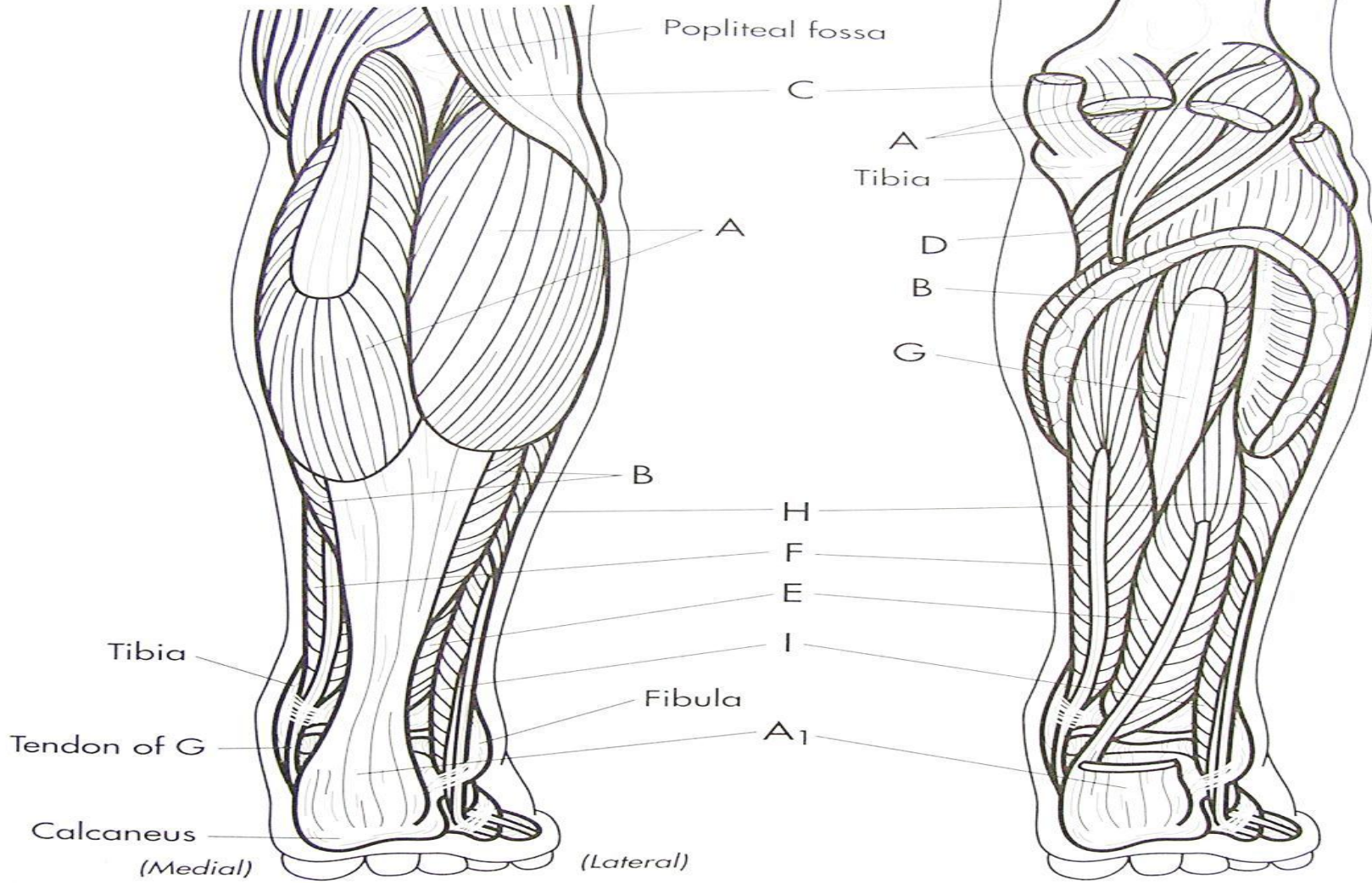


Tibialis anterior	A	○	Gastrocnemius	G	○	Quadriceps femoris	a	○
Extensor hallucis longus	B	○	Calcaneal tendon	G <sub>1</sub>	○	Tendon	a <sub>1</sub>	○
Extensor digitorum longus	C	○	Soleus	H	○	Fascia latae	b	○
Peroneus tertius	D	○	Plantaris	I	○	Biceps femoris	c	○
Peroneus longus	E	○	Flexor digitorum longus	J	○			
Peroneus brevis	F	○	Extensor digitorum brevis	K	○			

# MUSCLES OF THE LOWER LEG (POSTERIOR)

Posterior superficial view

Posterior deep view



- |                  |                |                       |
|------------------|----------------|-----------------------|
| Gastrocnemius    | A              | <input type="radio"/> |
| Calcaneal tendon | A <sub>1</sub> | <input type="radio"/> |
| Soleus           | B              | <input type="radio"/> |
| Plantaris        | C              | <input type="radio"/> |
| Popliteus        | D              | <input type="radio"/> |

- |                         |   |                       |
|-------------------------|---|-----------------------|
| Flexor hallucis longus  | E | <input type="radio"/> |
| Flexor digitorum longus | F | <input type="radio"/> |
| Tibialis posterior      | G | <input type="radio"/> |
| Peroneus longus         | H | <input type="radio"/> |
| Peroneus brevis         | I | <input type="radio"/> |