

Chapter 8

The Muscular System

Objectives

- Name three types of muscle tissue and state the location of each.
- Name and define types of muscular movement.
- Name and locate common skeletal muscles.
- Pronounce, spell, define, and write the medical terms related to the muscular system.
- Describe common diseases related to the muscular system.
- Describe the diagnostic tests related to the muscular system.
- Listen, read, and study so you can speak and write effectively.

Major Muscles of the Body

Refer to the list on page 138 of your textbook and locate the muscles or groups of muscles in the diagram on page 139

Types of Muscle Tissue

Muscle fibers are the cells found in muscle

The three types of muscle tissue are cardiac, visceral, and skeletal

Fascia is a connective tissue found wrapped around all muscle

Movements of Skeletal Muscle

All skeletal muscles are connected to two bones by bands of connective tissue

Refer to the terms, definitions, and Figures 8-3 to 8.8 on pages 142-145 of the textbook to understand the types of muscle movements

Pathology

✓ **Muscular dystrophy** – a broad term for a variety of inherited disorders of the skeletal muscles

✓ **Rotator Cuff Tendinitis** – inflammation of the tendons that hold the shoulder joint in place

✓ **Strain** – overstretching or tearing a muscle

In your textbook, make sure you review the sections on New Roots And Prefixes and follow the directions for Learning The Terms.

Also, pay attention to the pictures, graphics, and X-Rays throughout the chapter. They are there to help you understand the terms and how they apply to specific body parts

Remember to do some of the questions in the Review Exercises. They will help prepare you for the exam.

Exam 8

Multiple Choice – Select the best answer

1. All of the following cells form muscle *except* ____
 - A. cardiac
 - B. visceral
 - C. epithelial
 - D. skeletal

2. The connective tissue that wraps around muscle is ____
 - A. aponeuroses.
 - B. ligaments.
 - C. tendons.
 - D. fascia.

3. Inflammation of the fascia is ____
 - A. fascitis.
 - B. fascilitis.
 - C. fasciatis.
 - D. fasitis.

4. Decreasing the angle between two bones or bending a limb is ____
 - A. flexion.
 - B. hyperextension.
 - C. extension.
 - D. adduction.

5. The act of moving a muscle toward the midline of the body is ____
 - A. abduction.
 - B. extension.
 - C. adduction.
 - D. supination.

Continued on the next page

Matching – match the definition with the correct term

6. Flexing the ankle so toes point down **C** A. pronation
7. Moving the sole of the foot inward **F** B. extension
8. Increasing the angle between two bones **B** C. plantar flexion
9. Moving an extremity away from the midline **G** D. hyperextension
10. Turning the palm down **A** E. dorsiflexion
11. Overextending a joint beyond its normal position **E** F. inversion
12. Flexing the ankle so the toes move toward your body **D** G. abduction

Defining Terms – Pick the word that correctly defines the term

13. Inflammation of a tendon is (A. tendinous/B. tendinitis).
14. A patient with (A. dystonia/B. atonia) has abnormal muscle tone.
15. A patient with (A. bradykinesia/B. dyskinesia) has slow muscle movement.
16. Stretching or tearing a muscle causes an injury known as a (A. sprain/B. strain).
17. A diagnostic test for recording activity in the spinal cord is (A. myelography/B. myography).
18. The (A. pectoral/B. peroneal) muscles are over the hip.
19. (A. Flexor/B. Flexure) is the portion of the structure that is bent.
20. Moving your arm away from the body is (A. abduction/B. adduction).

Completion – Choose the correct answer

21. _____ muscles move bone by pulling on it.
A. Cardiac
B. Visceral
C. Skeletal
D. Fascia

22. _____ attach muscle to bone.

- A. Ligaments
- B. Bursae
- C. Connectors
- D. Tendons

23. _____ attach muscle to muscle.

- A. Ligaments
- B. Tendons
- C. Biceps
- D. Bursae

24. _____ is a condition that occurs when the patient has chronic muscle pain.

- A. Muscular dystrophy
- B. Bursitis
- C. Fibromyalgia
- D. Arthritis

25. _____ is a condition in which the patient has no muscular coordination.

- A. Ataxia
- B. Aphasia
- C. Neuralgia
- D. Angina

**This is the End of this exam. Move on to the next lesson. You will need a
NEW answer sheet for your next exam.**