6.5 Classwork

Naming skeletal muscles:

1. Direction of muscle fibers
2. Location
3. Size
4. Number of origins
5. Shape
6. Location of origin
7. Action

Direction: relative to midline. Rectus - parallel to midline, Transverse - perpendicular to midline, Oblique - diagonal to midline

Location: Structure near which muscle is found. Frontalis - near frontal, Occipitalis - near occipital, Femoris - near femur

Size: relative size of muscle, maximus - largest, medius - middle, minimus - smallest, longus - longest, brevis - short, tertius - shortest

Number of origins: number of tendons. Biceps - two, tri - three, quad - four

Shape: Deltoid - triangular, trapezius - trapezoid, serratus - saw-toothed, rhomboideus - rhomboid, teres - round

Muscle disorders:
Strain: wrenching, twisting, stretching injury to a muscle or tendon
Muscle Ruptures: three degrees, tear is partial or complete, overexertion or direct blow
Shin splints: pain resulting from inflammation. Overuse injury
Paralysis: loss of motor function
Muscle atrophy: decrease in muscle size
Muscle hypertrophy: increase in muscle size
Convulsions: violent, involunt. contractions. Stimulated by fever, poison, or drugs
Cramp: painful, spastic contractions from irritation. Inadequate stretching, lack of minerals or salts, dehydration
Ectopic calcification: myositis ossificans. Occur in muscle directly over bone, direct blow causes bruise to calcify
Tendon injuries: tears common at muscle belly, musculotendinous junction, bony attachment.
Tendonitis: inflammation of tendon. Tenosynovitis: inflammation of synovial sheath
Fasciitis: inflammation of muscle fascia
Tetanus: preventable through vaccination. Caused by bacteria, rust, causes muscles to seize up in painful spasms
Anabolic steroids: Produced naturally by body. Premature balding, dizziness, mood swings, problems sleeping, nausea, high blood pressure, urinary problems, shortening of height, risk of heart disease.
Cerebral palsy: group of disorders that affect ability to move or maintain posture.
Polio: acute viral infectious disease. Can cause paralysis.

Treatment for muscle injuries.
R.I.C.E.
Rest
Ice
Compression
Elevation

Fractures Worksheet

MATCHING: Match common fracture types with treatments. Write the correct answer in each blank. *(An answer may be used more than once.)*

a. greenstick fracture
b. simple fracture
c. compound fracture
d. comminuted fracture
e. closed reduction
f. open reduction
g. traction

f 1. Surgical correction of a broken bone.

b 2. Bone is broken completely, but ends do not penetrate the skin.

e 3. Nonsurgical correction of broken bone and application of a cast.

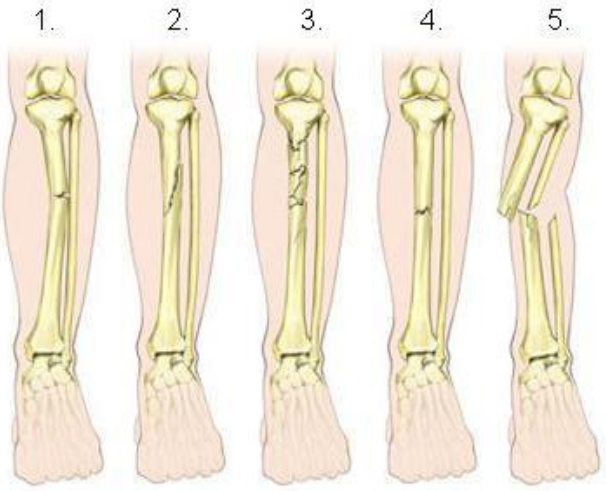
a 4. A fracture in which the bone splinters, but the break is incomplete.

d 5. Bones are broken into many pieces.

c 6. A fracture in which the bone ends penetrate the skin.

g 7. A pulling force used to hold the bones in place.

d 8.



Label the type of fracture shown to the right

1. greenstick
2. oblique
3. comminuted
4. transverse
5. compound

Match each fracture type with the definitions given below

F 1. Simple Fracture
C 2. Green Stick Fracture
B 3. Spiral Fracture
A 4. Compound Fracture
J 5. Longitudinal Fracture

I 6. Depression Fracture
G 7. Transverse Fracture
E 8. Compression Fracture
H 9. Impacted Fracture
K 10. Stress Fracture
D 11. Comminuted Fracture

A. A fracture in which the fractured bone breaks through the skin. This is also called an open fracture.
B. A coiled break in a bone, resembling a corkscrew, also called a torsion fracture. It is caused by a twisting force and most often occurs in people with fragile bones.
C. Occurs typically in children in which one side of the bone is broken; leaving it injured but intact

D. A fracture in which the bone is broken, splintered, or crushed into many pieces.
E. Occurs around the lower parts of the fibula and Tibia, it is a fracture or dislocation of the ankle joint. It is often mistaken for a sprained ankle because of the similar symptoms and causes.
F. The fractured bone does not break through the skin. It causes little or no damage to the surrounding soft tissues
G. A fracture at a right angle when compared to the long axis of the bone
H. Long bone receives such force that osseous tissue compressed
I. Occurs from a direct blow, striking the head, or falling onto the head.
J. Fracture that occurs and splits along the length of the bone
K. Small, incomplete break that occurs from overuse

Complete the following statements

1. A fracture is simply a ___break___ in the continuity of a bone, or part of a bone.

2. ___Transverse___ Fractures are a type of break in which the line of the break forms at a right angle with the axis of the bone.

3. Oblique fractures are a type of break in which the line of the break occurs ___diagonal___ in relation to the axis of the bone.

4. ___Spiral___ Fractures are a type of fracture where the bone has split in a twisting shape.

5. ___comminuted___ Fractures are a type of fracture where the forces applied to the bone cause it to be splintered or crushed into a number of pieces (minimum of ___3___).

6. Impacted fractures are fractures where the ___bones___ are driven into one another, or where splinters from one bone end are driven into another.

7. Compression fractures are exclusively associated with the ___vertebrae___ of the spine, and refer to collapse of the ___intervertebral discs___.

8. Symptoms of a fracture include; pain, ___deformity___, decreased ability to move the affected area, swelling, and the patient hearing or feeling a ___poplcrack___.

Match the fracture type with its causative mechanism