

MATCHING WORD PARTS 1

Write the correct answer in the middle column.

Definition	Correct Answer	Possible Answers
4.1. condition	_____	-cele
4.2. fascia	_____	fasci/o
4.3. fibrous connective tissue	_____	fibr/o
4.4. hernia, swelling	_____	-ia
4.5. movement, motion	_____	kines/o, kinesi/o

MATCHING WORD PARTS 2

Write the correct answer in the middle column.

Definition	Correct Answer	Possible Answers
4.6. coordination	_____	my/o
4.7. muscle	_____	-rrhexis
4.8. rupture	_____	tax/o
4.9. tendon	_____	tend/o
4.10. tone	_____	ton/o

MATCHING MUSCLE DIRECTIONS AND POSITIONS

Write the correct answer in the middle column.

Definition	Correct Answer	Possible Answers
4.11. cross-wise	_____	lateralis
4.12. ring-like	_____	oblique
4.13. slanted at an angle	_____	rectus

- 4.14. straight _____ sphincter
4.15. toward the side _____ transverse

DEFINITIONS

Select the correct answer and write it on the line provided.

- 4.16. The _____ muscles are under voluntary control.
involuntary nonstriated skeletal visceral
- 4.17. A/An _____ is thickening on the surface of the calcaneus bone.
heel spur impingement syndrome overuse injury shin splint
- 4.18. Turning the hand so the palm is upward is called _____.
extension flexion pronation supination
- 4.19. One of the symptoms of Parkinson's disease is _____, which is extreme slowness of movement.
bradykinesia dyskinesia hypotonia myotonia
- 4.20. A/An _____ is a physician who specializes in physical medicine and rehabilitation with the focus on restoring function.
exercise physiologist physiatrist physiologist rheumatologist
- 4.21. The term _____ means pertaining to muscle tissue and fascia.
aponeurosis fibrous sheath myocardium myofascial
- 4.22. A/An _____ is a narrow band of nonelastic, fibrous tissue that attaches a muscle to bone.
aponeurosis fascia ligament tendon
- 4.23. A band of fibers that holds structures together abnormally is a/an _____. These bands can form as the result of an injury or surgery.
adhesion aponeurosis atrophy contracture

4.24. The paralysis of both legs and the lower part of the body is known as _____.
hemiparesis hemiplegia paraplegia quadriplegia

4.25. The medical term meaning pain in a tendon is _____ or tenalgia.
tenodesis tenodynia tendinosis tenolysis

ABBREVIATION IDENTIFICATION

Write the correct answer on the line provided.

- 4.26. CTS _____
4.27. DTR _____
4.28. ROM _____
4.29. RSD _____
4.30. SCI _____

WHICH WORD?

Select the correct answer and write it on the line provided.

4.31. An injury to the body of the muscle or the attachment of a tendon is known as a/an _____.

These are usually associated with overuse injuries that involve a stretched or torn muscle or tendon attachment.

sprain strain

4.32. A _____ is a drug that causes temporary muscle paralysis

by blocking the transmission of nerve stimuli to the muscles.

neuromuscular blocker skeletal muscle relaxant

4.33. The condition of abnormal muscle tone that results in impairment of voluntary muscle movement is known as _____.

dystaxia dystonia

4.34. Inflamed and swollen tendons caught in the narrow space between the bones within the shoulder joint cause the condition known as _____.

impingement syndrome intermittent claudication

- 4.35. The study of the human factors that affect the design and operation of tools and the work environment is known as _____.
- ergonomics kinesiology

SPELLING COUNTS

Find the misspelled word in each sentence. Then write that word, spelled correctly, on the line provided.

- 4.36. An antispasmydic is administered to suppress smooth muscle contractions of the stomach, intestine or bladder. _____
- 4.37. The medical term for hiccups is singulutas. _____
- 4.38. Myasthenia gravias is a chronic autoimmune disease that affects the neuromuscular junction and produces serious weakness of voluntary muscles. _____
- 4.39. A ganglian cyst is a harmless fluid-filled swelling that occurs most commonly on the outer surface of the wrist. _____
- 4.40. Pronetion is the movement that turns the palm of the hand downward or backward. _____

TERM SELECTION

Select the correct answer and write it on the line provided.

- 4.41. The term _____ means the rupture of a muscle is.
- myocele myorrhaphy myorrhexis myotomy
- 4.42. The term meaning the breaking down of muscle tissue is _____.
- Myoclonus myolysis myomalacia myoparesis
- 4.43. The term _____ means abnormally decreased muscle function or activity.
- hyperkinesia hypertonia hypokinesia hypotonia
- 4.44. A/An _____ injury can be a strain or tear on any of the three muscles that straighten the hip and bend the knee.
- Achilles tendon hamstring myofascial shin splint

4.45. The specialized soft tissue manipulation technique used to ease the pain of conditions such as fibromyalgia, movement restrictions, and temporomandibular joint disorders is known as _____.

myofascial release occupational therapy RICE therapeutic ultrasound

SENTENCE COMPLETION

Write the correct term on the line provided.

4.46. The process of recording the strength of muscle contractions as the result of electrical stimulation is called _____ (EMG).

4.47. An inflammation of the tissues surrounding the elbow is known as _____.

4.48. The debilitating chronic condition characterized by fatigue, diffuse and or specific muscle, joint, or bone pain, and a wide range of other symptoms is known as _____ syndrome (FMS).

4.49. The movement during which the knees or elbows are bent to decrease the angle of the joints is known as _____.

4.50. An inflammation of the plantar fascia that causes foot or heel pain when walking or running is known as _____.

4.51. Pain in the leg muscles that occurs during exercise and is relieved by rest is known as _____. This condition is due to poor circulation and is associated with peripheral vascular disease.

4.52. The release of a tendon from adhesions is known as _____. This procedure is the opposite of tenodesis.

4.53. A/An _____ is a physician who specializes in the diagnosis and treatment of arthritis and other diseases of the joints that are characterized by inflammation in the connective tissues.

4.54. A weakness or slight muscular paralysis is known as _____.

4.55. A stiff neck due to spasmodic contraction of the neck muscles that pull the head toward the affected side is known as _____ or wryneck.

WORD SURGERY

Divide each term into its component word parts. Write these word parts, in sequence, on the lines provided. When necessary, use a slash (/) to indicate a combining vowel. (You may not need all of the lines provided.)

4.56. **Electroneuromyography** is a procedure for testing and recording neuromuscular activity by the electric stimulation of the nerve trunk.

4.57. **Hyperkinesia** means abnormally increased motor function or activity.

4.58. **Myoclonus** is the sudden, involuntary jerking of a muscle or group of muscles.

4.59. **Polymyositis** is a muscle disease characterized by the inflammation and weakening of voluntary muscles in many parts of the body at the same time.

4.60. **Sarcopenia** is the age-related reduction in skeletal muscle mass in the elderly.

TRUE/FALSE

If the statement is true, write **True** on the line. If the statement is false, write **False** on the line.

4.61. _____ Overuse tendinitis is inflammation of tendons caused by excessive or unusual use of a joint.

4.62. _____ Hemiplegia is the total paralysis of the lower half of the body.

4.63. _____ A spasm is a sudden, violent, involuntary contraction of one or more muscles.

4.64. _____ Ataxia is the distortion of voluntary movement such as in a tic or spasm.

4.65. _____ Striated muscles are located in the walls of internal organs such as the digestive tract, blood vessels, and ducts leading from glands.

CLINICAL CONDITIONS

Write the correct answer on the line provided.

4.66. George Quinton developed a swelling on the outer surface of his wrist. His doctor diagnosed this as being a/an _____ and explained that this was a harmless fluid-filled swelling.

4.67. Raul Valladares has a protrusion of a muscle substance through a tear in the fascia surrounding it. This condition is known as a/an _____.

- 4.68. Louisa Ferraro experienced _____ of her leg muscles due to the disuse of these muscles over a long period of time.
- 4.69. Jasmine Franklin has _____. This is a condition in which there is diminished tone of the skeletal muscles.
- 4.70. Carolyn Goodwin complained of profound fatigue that is not improved by bed rest and was made worse by physical or mental activity. After ruling out other causes, her physician diagnosed her condition as being _____ syndrome (CFS).
- 4.71. Chuan Lee, who is a runner, required treatment for _____. This condition is a painful inflammation of the Achilles tendon caused by excessive stress being placed on that tendon.
- 4.72. For the first several days after his fall, Bob Hill suffered severe muscle pain. This condition is known as _____ or myodynia.
- 4.73. Jose could not play for his team because of a/an _____. This is a painful condition caused by the muscle tearing away from the tibia.
- 4.74. Due to a spinal cord injury, Marissa Giannati suffers from _____, which is paralysis of all four limbs.
- 4.75. Duncan McDougale has slight paralysis on one side of his body. This condition, which was caused by a stroke, is known as _____.

WHICH IS THE CORRECT MEDICAL TERM?

Select the correct answer and write it on the line provided.

- 4.76. The term _____ describes a neuromuscular disorder characterized by the slow relaxation of the muscles after a voluntary contraction.
- atonic dystaxia dystonia myotonia
- 4.77. The term _____, which is also known as tendinoplasty, is the surgical repair of a tendon.
- tenectomy tenodesis tenolysis tenoplasty
- 4.78. During _____, the arm moves inward and toward the side of the body.
- abduction adduction circumduction rotation

4.79. Abnormal softening of a muscle is known as _____.

myomalacia

myorrhaphy

myorrhexis

mysclerosis

4.80. The term _____ means bending the foot upward at the ankle.

abduction

dorsiflexion

elevation

plantar flexion

CHALLENGE WORD BUILDING

These terms are *not* found in this chapter; however, they are made up of the following familiar word parts. If you need help in creating the term, refer to your medical dictionary.

poly-

card/o

-desis

fasci/o

-ectomy

herni/o

-itis

my/o

-necrosis

sphincter/o

-otomy

-algia

-pathy

-rrhaphy

4.81. Any abnormal condition of skeletal muscles is known as _____.

4.82. Pain in several muscle groups is known as _____.

4.83. The death of individual muscle fibers is known as _____.

4.84. Surgical suturing of torn fascia is known as _____.

4.85. A surgical incision into a muscle is a/an _____.

4.86. The surgical attachment of a fascia to another fascia or to a tendon is known as _____.

4.87. Inflammation of the muscle of the heart is known as _____.

4.88. The surgical removal of fascia is a/an _____.

4.89. The surgical suturing of a defect in a muscular wall, such as the repair of a hernia, is

a/an _____.

4.90. An incision into a sphincter muscle is a/an _____.

LABELING EXERCISES

Identify the movements in the accompanying figures by writing the correct term on the line provided.

4.91. _____

4.96. _____

4.92. _____

4.97. _____

4.93. _____

4.98. _____

4.94. _____

4.99. _____

4.95. _____

4.100. _____

