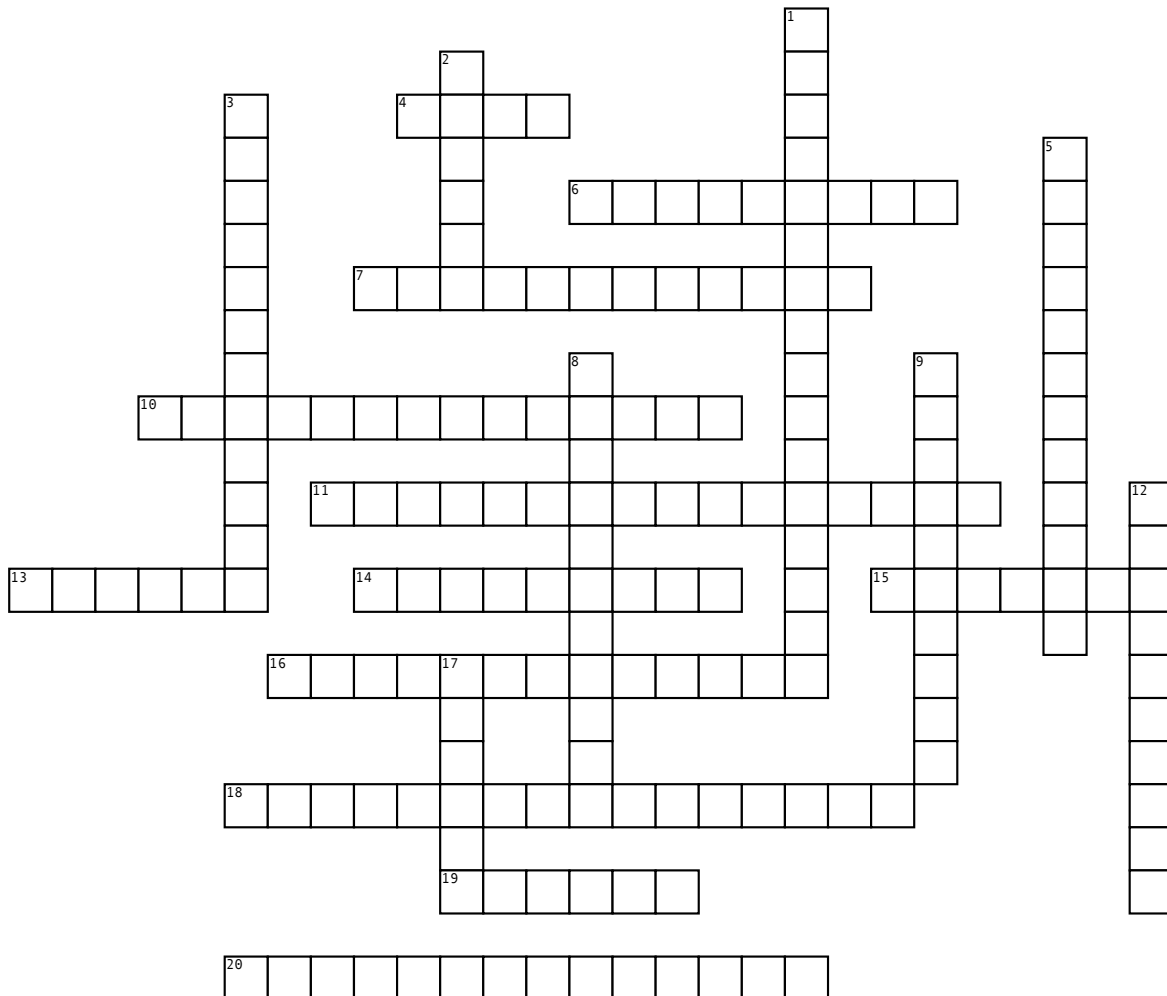


# Muscles and Tendons



## Across

4. Rest, ice, compression, and elevation

6. A protein pigment that breaks down into toxic compounds that can cause kidney failure.

7. These range from a simple stretch to a partial or complete tear in a muscle, tendon, or muscle-tendon combination

10. The breakdown of muscle fibers. Muscle trauma, severe exertion, alcoholism, and various drug use can cause this disorder

11. A chronic autoimmune disease characterized by varying degrees of weakness of the skeletal muscles

13. A thick layer of connective tissue holding bundles of muscles in place

14. Muscles that you have conscious control of

15. shrinking of muscles

16. Inflammation of the sheath that surrounds a tendon

18. A general term for a group or heredity, progressive disorder affecting skeletal muscles

19. non steroidal anti-inflammatory drugs

20. This can result from vigorous exercise, particularly in muscles you don't normally use

## Down

1. Related to testosterone but altered for muscle hypertrophy, used illegally in most sports, and have noticeable and irreversible side effects.

2. Bundles of muscle cells

3. This affects muscles and tendons all over the body, causing chronic pain, fatigue, and depression.

5. A sudden, short, painful contractions of a muscle or group of muscles

8. enlarging your muscles

9. Alternating dark and light bands of protein filaments responsible for muscle contraction

12. the usual treatment for myasthenia gravis

17. A stretch or tear of a ligament