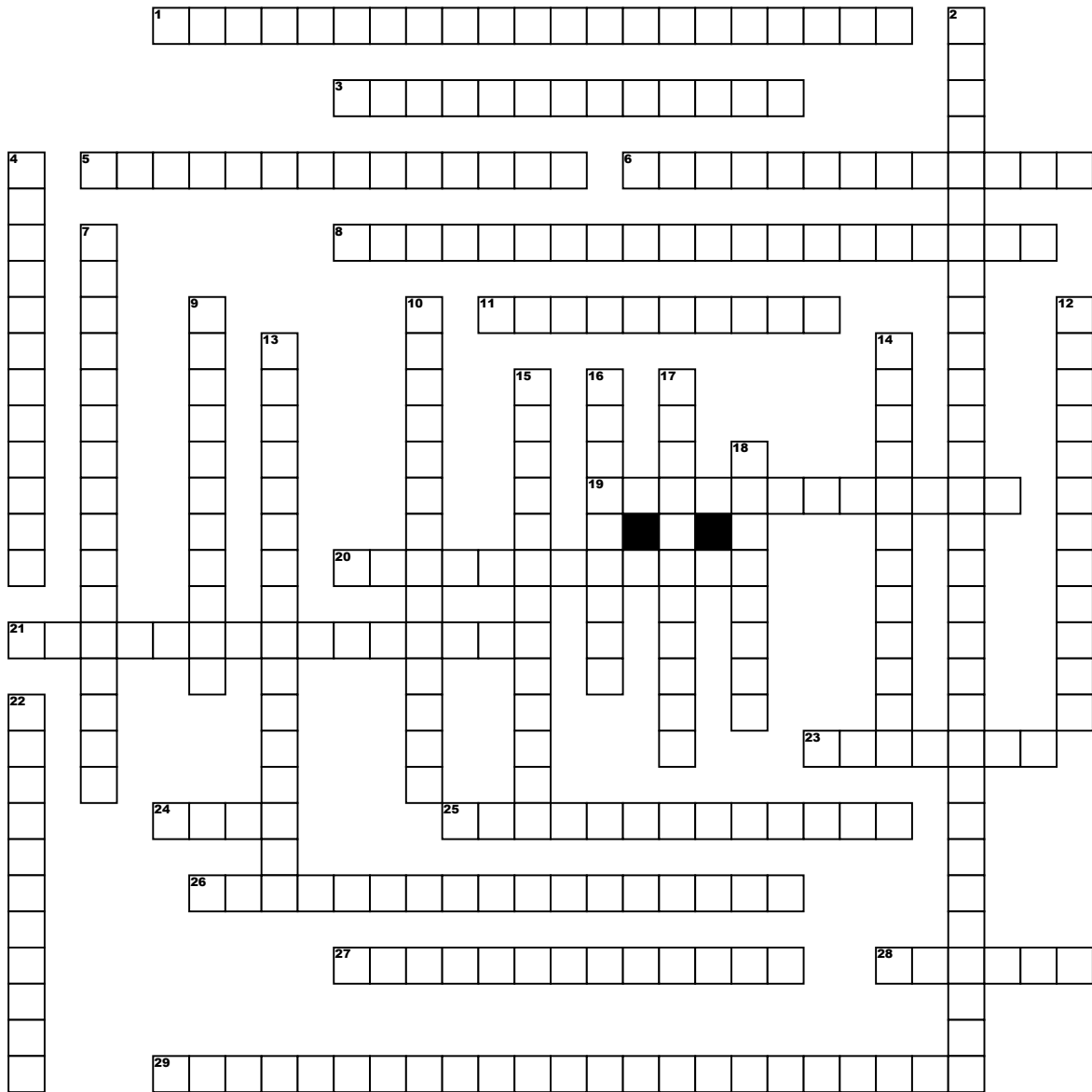


muscular system



- Across**

1. A torn anterior cruciate ligament in the knee. Treatment may include surgery and physical therapy. Chronic pain, activity discomfort, and joint effusion may begin after early articular cartilage degeneration

3. An inflammatory disease caused when the immune system attacks its own tissues. While there's no cure for lupus, current treatments focus on improving quality of life through controlling symptoms and minimizing flare-ups. This begins with lifestyle modifications, including sun protection and diet. Further disease management includes medications, such as anti-inflammatories and steroids.

5. A disease that disrupts the replacement of old bone tissue with new bone tissue. Treatment involves medications that reduce the breakdown of bone. chronic disorder that can result in enlarged and misshapen bones

6. An inflammatory disease caused when the immune system attacks its own tissues.

8. A numbness and tingling in the hand and arm caused by a pinched nerve in the wrist. Treatment may include rest, ice, wrist splints, cortisone injections, and surgery. Over time, the sensations may get worse, lasting longer or even waking you up at night

11. A condition in which the tissue connecting muscle to bone becomes inflamed. Treatment varies and often includes rest, pain relievers, and physical therapy

19. a progressive foot deformity in which the first metatarsophalangeal (MTP) joint is affected and is often accompanied by significant functional disability and foot pain. Long term effect arthritis of the metatarsophalangeal joint. Treatment - changing shoes, put padding on your feet, surgery, and pain medication

20. A common injury in which forceful twisting causes certain tissue in the knee to tear. Treatment includes rest, ice, pain relievers, and physical therapy. Less commonly, surgery may be required. The constant rubbing of the torn meniscus on the articular cartilage may cause wear and tear on the surface, leading to a degeneration of the joint. This happens more often in unstable type tears

21. A tear in the tissues connecting muscle to bone (tendons) around the shoulder joint. Treatment includes rest, medication, physical therapy, corticosteroid injections, and possibly surgery.
23. A serious bacterial infection that causes painful muscle spasms and can lead to death.

24. a disease in which defective metabolism of uric acid causes arthritis, especially in the smaller bones of the feet, deposition of chalkstones, and episodes of acute pain. Long term effects are joint damage, skin nodules of uric acid, and kidney injury or stones. Treatment is medication.

25. A condition that refers to a problem with a rubbery disc between the spinal bones. Not every disc needs intervention. When needed, treatment includes medication, physical therapy, and possibly surgery

26. A group of genetic diseases that cause progressive weakness and loss of muscle mass Medications, therapy, breathing aids, or surgery may help maintain function, but the life span is often shortened

27. Inflammation of bone caused by infection, generally in the legs, arm, or spine. It can cause stunt growth in children. Fractures in the infected area are at risk. Treatment is to drain the infected area or even amputate the limb

28. wrench or twist the ligaments of (an ankle, wrist, or other joint) violently so as to cause pain and swelling but not dislocation. Treatment is R-rest I-ice C-compress e-elevate

29. Osteoarthritis of the spine, usually in the neck or lower back. Treatment can include exercise, medication, and physical therapy. can lead to numbness and tingling in your arms and legs.
- Down**

2. Pain and compromised movement of the jaw joint and the surrounding muscles. Common treatments include medications, bite guards, and physical therapy. chronic face pain or chronic headaches

4. a disease characterized by the softening of the bones caused by impaired bone metabolism primarily due to inadequate levels of available phosphate, calcium, and vitamin D, or because of resorption of calcium. If left untreated it can lead to broken bones and severe deformity

7. A weakness and rapid fatigue of muscles under voluntary control. Medications, therapy, and surgery can help. develop weakness and flopping of the eyelids (ptosis); weakness of eye muscles, resulting in double vision (diplopia); and excessive muscle fatigue following activity

9. a partial dislocation.

10. The broken ends of the bone line up and are barely out of place

12. a disease in which the density and quality of bone are reduced. As bones become more porous and fragile, the risk of fracture is greatly increased. The treatment for this is drug therapy, there are no symptoms in the early stages. Long term - fractures

13. An inflammation of a thick band of tissue that connects the heel bone to the toes. Treatments include physical therapy, shoe inserts, steroid injections, and surgery.

14. A noncancerous lump, often on the tendons or joints of wrists and hands. A ganglion cyst often clears on its own. If troublesome, it can be drained or removed.

15. A condition in which a finger gets stuck in a bent position and then snaps straight. Treatment includes splinting, medications, and surgery.

16. Arthritis - is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis. Treatment is painkillers, nonsteroidal inflammatory drugs, corticosteroids. Long term effects are anemia, heart attack or stroke, atherosclerosis

17. An injury where a joint is forced out of a normal position. Treatment is to pop it back into place

18. Inflammation of the fluid-filled pads (bursae) that act as cushions at the joints. Treatment includes rest, ice, and pain relievers. Surgery is rarely needed.

22. Pain caused by overuse along the shinbone, the large front bone in the lower leg. Treatment includes rest, ice, and pain relievers. Recurring shin splints are common, and, without full treatment, there is a possibility for permanent injury.