



Scenario - Muscular

Instructions

Read aloud the following paragraph, paying close attention to the correct pronunciation of each medical term. Use the phonetic spelling provided with the term to guide you. At the conclusion of reading the paragraph and using this document, compose a list of the bolded medical terms and translate their correct meaning. Be sure to number each term in your list.

Scenario:

Muscle disorders that might be seen in the Emergency Department (ED) each year include **sarcopenia** (săr-kō-PĒN-ē-ă), **fibromyalgia** (fi-brō-mī-AL-j(ē-)ă) and **myasthenia** (mī-ăs-THĒ-nē-ă). Loss of muscle mass and strength is the main problem with these muscle disorders. Some of it can come from aging, while sometimes muscles lose their strength because of a failure in transmission of the nervous impulse from the nerve to the muscle cell. There can be chronic pain and stiffness in the muscles and joints. Fatigue is a common complaint as well.

The common injuries often related to sports, that are seen in the ED are **patellar tendonitis** (pă-TEL-ăr ten-do-NĪT-īs), also known as “jumpers’ knee”; a ligament injury, such as a torn ACL injury, which stands for **Anterior Cruciate Ligament** (an-TĒR-ē-őr KROO-shē-āt LIG-ă-měnt) of the knee or a torn MCL. This tear involves damage to the medial collateral ligament, which is a major ligament that’s located on the inner side of your knee. The tear can be a partial tear or a complete tear. A **Meniscus** (mě-NIS-kūs) injury involves the cartilage and is one of the most common knee injuries that occurs as it happens when you suddenly twist your knee while bearing weight on that knee. Another popular injury related to sports is Achilles **Tendinitis** (ten-dĭ-NĪT-īs). This injury is caused by repetitive or intense strain on the Achilles tendon, which is the band of tissue that connects your calf muscles to your heel bone. The tendon is used when you walk, run, jump or push up on your toes.

To rule out musculoskeletal disorders, the doctor might order an EMG or an **electromyogram** (ē-lĕk-trō-mī-ŌG-răm) test to record the electrical activity of muscles, an MRI known as **magnetic resonance imaging** (MAG-ně-tic RĚZ-ō-năns IM-ă-jing) to see images of organs and tissues.

Treatment for most muscle injuries includes physical therapy, stress relief methods and medications such as a **NSAID** (**nonsteroidal anti-inflammatory drug**) for inflammation and pain.