

Medical Terminology Muscular System

Directions:

1. Print cards double sided and cut vocabulary cards
2. Choose an activity method for learning vocabulary words

Class method

- Read the vocabulary word aloud and ask for volunteers to provide the definition
or
- Read the definition aloud and ask for volunteers to provide the vocabulary word

Small group method

1. Divide the class into small groups
2. Give each group a set of the cards
3. Have one person pick a card and read it aloud to the group
4. The first person in the group to get it right gets a point and is the next person to read a card

Concentration method

1. Pair the students up
2. Give each pair a set of cards
3. Lay the vocabulary cards on a table with the definition side down
4. Each player takes a turn reading a word and saying the definition
5. If the definition is correct, the player picks up the card and keeps it as a point
6. If the definition is incorrect, the next player takes a turn
7. Continue until all cards are drawn



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01/2024 | 1068005-02



SMOOTH MUSCLE

SKELETAL MUSCLE

CARDIAC MUSCLE

DIAPHRAGM

INTERCOSTALS

BICEPS BRACHII

TRICEPS BRACHII

QUADRICEPS FEMORIS

This type of muscle is directly connected to bone and central to voluntary movement. Skeletal muscle fibers are striated. They can be very long and contain multiple nuclei from the fusion of immature cells, called myoblasts

This type of muscle is composed of smooth muscle cells that are free of a striped pattern of proteins, known as striations. Muscle cells are often called muscle fibers and can grow very long. Smooth muscle fibers are short when compared to other muscle types

This muscle is central to breathing. It is dome-shaped and contracts downward with inspiration, pulling air into the lungs

This is the type of muscle that composes the heart muscle. It has a unique combination of qualities in being both striated and involuntary

Composed of two divisions, the biceps muscle flexes the elbow

Intercostal muscles lie between the ribs. They contract and lift the rib cage up during inspiration, expanding the chest, and relax during expiration, contracting the chest

Consisting of a “quartet” of four muscles located anteriorly and laterally on the thigh, the quadriceps straighten and stabilize the leg at the knee joint

Composed of three divisions, the triceps muscle extends the elbow

TRAPEZIUS

DELTOID

GLUTEUS MAXIMUS

PECTORALIS MAJOR

RECTUS ABDOMINIS

STERNOCLEIDOMASTOID

FLEXORS

EXTENSORS

These triangular muscles lift the arms laterally away from the body (abduction)

Covering a large area including the back, shoulders, and neck, these trapezoid or diamond-shaped muscles orchestrate shoulder blade movements and neck extension

Largest muscle in the chest region underlying the breast area

Largest muscle in the buttocks region and helps to move the thigh

This large, prominent muscle in the anterior neck is important for turning the head from side to side and flexing the neck

This long, straight muscle overlies the abdominal cavity. It is visible in muscularly toned individuals as a "six-pack"

Muscles that oppose flexors and straighten joints, expanding their angle

Muscles that contract, narrowing the angle of a joint

ABDUCTORS

ADDUCTORS

LEVATORS

DEPRESSORS

SUPINATORS

PRONATORS

SPHINCTERS

TENSORS

Muscles that bring bones toward the center of the body or squeeze adjacent bones closer together

Muscles that carry bones away from the center, or midline, of the body or separate adjacent bones from each other

Muscles that lower parts of the body downward

Muscles that lift parts of the body upward

Muscles that turn the palm downwards, exposing the dorsal aspect of the hand

Muscles that turn the palm so that it faces outward or upward

Muscles that stiffen or “tense up” a part of the body

Muscles that narrow an opening or tube, such as the opening to the bladder

ROTATORS

MUSCULAR DYSTROPHY

DUCHENNE'S MUSCULAR DYSTROPHY

BECKER'S MUSCULAR DYSTROPHY

POLYMYOSITIS

AMYOTROPHIC LATERAL SCLEROSIS (ALS)

MYOTONIC DYSTROPHY

MYASTHENIA GRAVIS

A collection of disorders that result in progressive weakness and muscle atrophy (loss of muscle mass)

Muscles that rotate a body part around a joint, such as the rotator cuff around the shoulder joint

A less severe form of muscular dystrophy caused by only a partial loss of function of the muscle protein dystrophin

A severe form of muscular dystrophy caused by loss of function of a muscle protein called dystrophin

This is a devastating disease of adulthood characterized by progressive loss of motor neurons in the brain and spinal cord. It leads to widespread muscle wasting and atrophy

This is a rare inflammatory condition affecting muscles closest to the trunk on both sides of the body. It leads to weakness in the neck and proximal limb muscles, such as those used to stand or lift things

This is a disease of the neuromuscular junction, the point of contact between muscle and motor neuron (nerve cell). It is an autoimmune condition in which one's immune cells attack receptors on the muscle cell that receive message from the motor neuron. Although some people affected only have eye muscle weakness, others have generalized muscle weakness

This disorder results from a genetic mutation that affects muscle function and causes progressive weakness as well as muscle atrophy. A characteristic feature is persistent muscle contraction with delayed relaxation, such as following a handshake

SPINAL MUSCULAR ATROPHY

FIBROMYALGIA SYNDROME

PALSY

CEREBRAL PALSY

PARESIS

PARAPLEGIA

QUADRIPLEGIA

HEMIPLEGIA

This is a disorder characterized by musculoskeletal (relating to muscle and bone) pain, called tender points. Other symptoms include fatigue, brain fog, sleep disturbance, and alterations in mood

A genetic disorder of infancy and childhood that causes progressive loss of motor neurons and leads to muscle weakness as well as atrophy

A group of disorders present at birth that cause problems with movement, muscle tone, balance, and posture

A nonspecific term for impaired motor function

A paralysis affecting the legs and inferior trunk

An incomplete paralysis that still involves significant muscular weakness

A paralysis involving half of the body, such as a matching arm and leg

A paralysis of all four extremities

RHABDOMYOSARCOMA

LEIOMYOSARCOMA

ELECTROMYOGRAPHY (EMG)

ELECTRONEUROMYOGRAPHY

REFLEX TESTING

NEUROLOGIST

RHEUMATOLOGIST

PHYSIATRIST

A smooth muscle cancer that affects organs of the body with a hollow interior, such as the intestines, blood vessels, stomach, and bladder

This is a type of soft tissue cancer that usually targets skeletal muscle. Hollow organs, such as the intestines, blood vessels, stomach, and bladder, can sometimes be involved

Another term for nerve conduction studies, this procedure measures the electrical discharge of nerves to assess if they are working appropriately

A diagnostic procedure that involves insertion of a needle into the muscle that provides electrical information about the muscle, the nerve that connects to the muscle, and the communication point between them

A physician who specializes in treating nervous system diseases

This is a test performed by a physician, such as neurologist, to assess deep tendon reflexes, such as the knee or patellar reflex, using a reflex hammer. Such reflexes evaluate sensory nerves, spinal cord interconnections, and motor nerves

A physician who specializes in injection therapies and rehabilitation for nervous and muscular system diseases

A physician who specializes in soft tissue and joint diseases

CHIROPRACTOR

A doctor trained to treat patients with
musculoskeletal conditions using spine
and neck manipulations