

# UNIT 5 - MUSCULAR SYSTEM

## Diseases and Disorders of the Muscular System

### A. **Fibromyalgia**

A widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Fibromyalgia means pain in the muscles, ligaments, and tendons. Most patients with fibromyalgia say that they ache all over. Their muscles may feel like they have been pulled or overworked. Sometimes the muscles twitch and at other times they burn.

### B. **Muscular Dystrophy**

A group of genetic diseases characterized by the atrophy of skeletal muscle tissue. The most common form of muscular dystrophy is Duchenne's Muscular Dystrophy in which the skeletal muscle is replaced by fat and fibrous tissue. Death occurs as the respiratory or cardiac muscle weakens usually in the early twenties. DMD typically occurs in men and is linked to the X-chromosome.

### C. **Shin Splints**

Shin splints involve soreness and pain of the front lower leg due to excessive straining of the flexor digitorum longus. It is often a result of walking up and down hills or overbuilding the gastrocnemius. Tapping of the foot will help to increase the strength of the front of the lower leg and the symptoms of pain should disappear.

### D. **Muscle Strain**

Muscle strain is characterized by muscle pain and involves the overstretching or tearing of muscle fibers. Although muscle fibers and their associated connective tissues are flexible, they can be torn if overstretched. The seriousness of the injury depends on the degree of damage sustained by the tissues. In a mild condition, only a few muscle fibers are injured and the fascia remains intact. In a severe condition, many muscle fibers as well as the fascia are torn, and muscle function may be lost completely. Symptoms include pain, bruising, and swelling. In severe cases, surgery may be required to repair the damage.