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| Components: Muscular System  [http://classconnection.s3.amazonaws.com/311/flashcards/1406311/jpg/muscular_system1334592960017.jpg](http://www.google.com.co/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=zgN5RgBOYPLW-M&tbnid=6VtU-m81KNX7QM:&ved=0CAUQjRw&url=http://connectedtrainer.blogspot.com/p/muscle-chart.html&ei=_qsEU437LsygkQfQ44CABQ&bvm=bv.61535280,d.aWc&psig=AFQjCNFTzrpJ4LRGqpm9utIrgiyDwg8-5g&ust=1392901478531941) | Functions: Muscular System  \*  \*  \*  \* |
| Interactions: Muscular System  \*  \*  \* | Malfunctions: Muscular System  Injury: Strain  Symptoms: Depends on the grade. Grade I: pain and swelling. Grade II: pain, swelling, and weakness. Grade III: pain, weakness, and loss of function  Treatment: Depends on the grade. Grade I and II: RICE…rest, ice, compression with bandage, elevate. Grade III: immobilize injured muscle or surgery  Prevention: warm up and stretch before and after sport activities, lift heavy objects with correct posture, exercise gradually building on intensity  Inherited Disease: Muscular Dystrophy  Symptoms: progressive weakening of specific muscles  Treatment: physical therapy, medication, and surgeries can help  Prevention: no prevention, inherited, no cure |