

Universidad de las Fuerzas Armadas – ESPE

Departamento de Ciencias Medicas

Primer Semestre – Tercer Parcial

English

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Course: “A”

Medical Terminology – Muscular System

General Terms

- Muscular system
- Muscle tissue
- Muscle fiber
- Myofibril
- Sarcomere
- Neuromuscular junction
- Motor unit
- Muscle contraction
- Muscle relaxation

Types of Muscle Tissue

- Skeletal muscle
- Cardiac muscle
- Smooth muscle

- Voluntary muscle
- Involuntary muscle

Major Muscles of the Body

- Biceps brachii
- Triceps brachii
- Deltoid muscle
- Pectoralis major
- Rectus abdominis
- Latissimus dorsi
- Trapezius
- Gluteus maximus
- Quadriceps femoris
- Hamstrings
- Gastrocnemius

Muscle Movements

- Flexion
- Extension
- Abduction
- Adduction

- Rotation
- Circumduction
- Pronation
- Supination
- Dorsiflexion
- Plantar flexion

Muscle Contractions

- Isotonic contraction
- Isometric contraction
- Concentric contraction
- Eccentric contraction
- Tonic contraction
- Twitch contraction
- Tetanic contraction

Muscle Components & Function

- Actin
- Myosin
- Tendon
- Ligament

- Fascia
- Insertion
- Origin
- Agonist muscle
- Antagonist muscle
- Synergist muscle

Muscle Disorders & Injuries

- Muscle strain
- Muscle sprain
- Muscle spasm
- Muscular dystrophy
- Atrophy
- Hypertrophy
- Tendinitis
- Myalgia
- Rhabdomyolysis