Muscular System Disorders

Tendonitis

- Where a tendon starts to pull away from the bone.

Shin Splints

- The muscles on the front of the shins start to pull away from the leg.

- This can be prevented by good shoes, using low impact exercises, and ice

Muscle Cramps

- An uncontrolled contraction of a muscle.

- Proper hydration, stretching, and rest can help prevent these

Muscular Dystrophy

- A degenerative condition where muscle fibers become weaker and weaker. A person with MD will eventually die from this because of their heart and diaphragm getting too weak.