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.