

CHAPTER 10**OVERHEAD****Common Disorders and Ailments of Skeletal Muscle****BLM 10.2.4**

| Condition | Description |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| muscular dystrophy | a collective term for several hereditary conditions in which the skeletal muscles degenerate, lose strength, and are gradually replaced by fatty and fibrous tissue that impedes blood circulation; this, in turn, accelerates muscle degeneration in a fatal spiral of positive feedback |
| botulism | a potentially fatal muscular paralysis caused by a toxin produced by the bacterium <i>Clostridium botulinum</i> ; the toxin prevents the release of a muscle-stimulating compound (acetylcholine) released by muscle-related cells of the nervous system, thus leading to paralysis |
| cramps | painful muscle spasms triggered by strenuous exercise, extreme cold, dehydration, salt (electrolyte) imbalance, low blood glucose, or reduced blood flow |
| contracture | abnormal muscle shortening not caused by nerve stimulation; can result from inability to remove calcium ions from the sarcoplasm or from the contraction of scar tissue (as in people who have experienced severe burns) |
| fibromyalgia | chronic muscular pain and tenderness often associated with fatigue and sleep disturbances; can be caused by infectious diseases, physical or emotional trauma, or medications |
| crush syndrome | a shock-like state following massive crushing of the muscles (as in, for example, the aftermath of an earthquake, the collapse of a building following an explosion, or a traffic accident); associated with high fever, heart irregularities caused by potassium ions released from the muscles, and kidney failure caused by blockage of the renal tubules with myoglobin released by the traumatized muscles |
| delayed onset muscle soreness | pain, stiffness, and tenderness felt from several hours to a day after strenuous exercise; associated with trauma to the muscles, disruptions in the myofibrils and sarcolemma, and increased levels of myoglobin and muscle-fibre enzymes in the blood |
| myositis | muscle inflammation and weakness resulting from infection or an autoimmune disease |