

CHAPTER 35 ASSESSMENT OF MUSCULOSKELETAL FUNCTION

MUSCULOSKELETAL SYSTEM

Composed of the bones, joints, muscles, tendons, ligaments, and bursae of the body.

Major functions of the system are to support and protect the body, and foster movement of the extremities.

ANATOMIC AND PHYSIOLOGIC OVERVIEW

- Protection of vital organs
- Facilitate return of blood to the heart
- Reservoir for immature blood cells
- Reservoir for vital minerals

STRUCTURE AND FUNCTION

- **206** bones in the body
 - Long bones
 - **Diaphysis**, cortical bone - shaft of long bone (compact bone)
 - **Epiphyses**, cancellous bone - end of long bone (trabecular bone)
 - **Cartilage** - tough, elastic, avascular tissue at ends of bone
 - Short bones - are irregularly shaped bones located in the ankle and hand (e.g., metacarpals)
 - Flat bones located where extensive protection of underlying structures is needed (e.g., the sternum or skull)
 - Irregular bones - because of their shape, the irregular bones cannot be categorized in any other group and include bones such as the vertebrae and bones of the jaw
- Joints - area where bone ends meet; provides for motion and flexibility
- Muscles - a

Cortical bone exists in areas where support is needed, and **cancellous bone** is found where hematopoiesis and bone formation occur.

BONE FORMATION AND MAINTENANCE

- **Osteogenesis**: process of bone formation

Muscular Scoliosis - important diet calcium and vitamin D

Bone Maintenance

Bone is a dynamic tissue in a constant state of turnover. Throughout the lifespan, a process known as bone **remodeling** occurs, in which old bone is removed and new bone is added to the skeleton (formation). Remodeling maintains bone structure and function through simultaneous resorption and osteogenesis, and as a result, complete skeletal turnover occurs every 10 years.

ARTICULAR SYSTEM

The junction of two or more bones is called a joint, or articulation.

Three basic kinds of joints:

- **Synarthrosis** - a fibrous joints, are immovable joints because of fibrous tissue banding (e.g., the skull sutures).
- **Amphiarthrosis** - a cartilaginous joints, allow limited motion or movement (e.g., the vertebral joints and the symphysis pubis)
- **Diarthrosis** - a synovial joints, are freely movable joints
 - Ball and socket
 - Hinge
 - Saddle
 - Pivot
 - Gliding
- **Joint capsule** - a tough, fibrous sheath surrounds the articulating tissue
 - **Synovium** - secretes the lubricating and shock-absorbing synovial fluid into the joint capsule.
- **Ligaments** - (ropelike bundles of collagen fibrils) bind articulating bones together
- **Tendons** - cords of fibrous tissue that connect muscle to bone
- **Bursa** - sac filled with synovial fluid that cushions movement of tendons.

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