

Muscles

Muscle injury:

Muscle injuries are more frequent than muscle diseases. When injured, muscles are capable of repairing themselves. Injuries to muscles and tendons are usually the result of sudden pull or twist.

Muscle strain is when the muscle fibers is damaged. Some bleeding inside the muscle causes tenderness and swelling. Strain is usually accompanied by pain and visible bruising. Muscle strain may happen due to the constant repetition of a certain movement, especially if performed incorrectly.

Strains are usually treated with a short- term immobilization, physical therapy and drugs.

A muscle tear is when a large number of muscle fibers are torn. It causes severe pain and swelling. Severe bleeding may result in a blood clot. Surgery may be necessary to repair muscle tear. Lots of athletes and sportsmen go through such surgery.

Muscle diseases:

Many diseases that affect muscles are diseases of the nerves that are connected to the muscles. The result is weakness and muscle atrophy. When the muscles weaken, they may start twitching. This is called fasciculation.

Diseases that affect muscles by affecting the nerves:

- Spinal cord injuries
- Pinched nerves in the neck or back
- Polio
- Charcot-Marie Tooth disease
- Lou Gehrig's disease.

Most muscle cramps are caused by muscle malfunctioning. During the cramp the muscle contracts by itself due to abnormal nerve signal. Muscle cramps can be very painful. They may happen after exercise or at night. Stretching a muscle may relieve cramp pain.

Diseases that affect muscles directly:

- Muscular dystrophy
- Myopathy
- Myositis.

Muscle diseases can be inherited, the result of infections or side-effects of medication taken for another disease. The affected muscles can be very painful.

Disease of the body that affect muscles:

- Lupus
- Thyroid problems
- Vitamin deficiencies.

Muscles make up a large part of the body's weight and help us to walk, run, talk and eat. Keeping muscles healthy and strong is important for a healthy lifestyle. You should learn how to exercise safely.