Muscles and Tendons

Across
4. Rest, ice, compression, and elevation
6. A protein pigment that breaks down into toxic compounds that can cause kidney failure.
7. These range from a simple stretch to a partial or complete tear in a muscle, tendon, or muscle-tendon combination.
10. The breakdown of muscle fibers. Muscle trauma, severe exertion, alcoholism, and various drug use can cause this disorder.
11. A chronic autoimmune disease characterized by varying degrees of weakness of the skeletal muscles.
13. A thin layer of connective tissue holding bundles of muscles in place.
14. Muscles that you have conscious control of.
15. Shrinking of muscles.
16. Inflammation of the sheath that surrounds a tendon.
18. A general term for a group or heredity, progressive disorder affecting skeletal muscles.
20. This can result from vigorous exercise, particularly in muscles you don't normally use.

Down
1. Related to testosterone but altered for muscle hypertrophy, used illegally in most sports, and have noticeable and irreversible side effects.
2. Bundles of muscle cells.
3. This affects muscles and tendons all over the body, causing chronic pain, fatigue, and depression.
5. A sudden, short, painful contraction of a muscle or group of muscles.
8. Enlarging your muscles.
12. The usual treatment for myasthenia gravis.
17. A stretch or tear of a ligament.