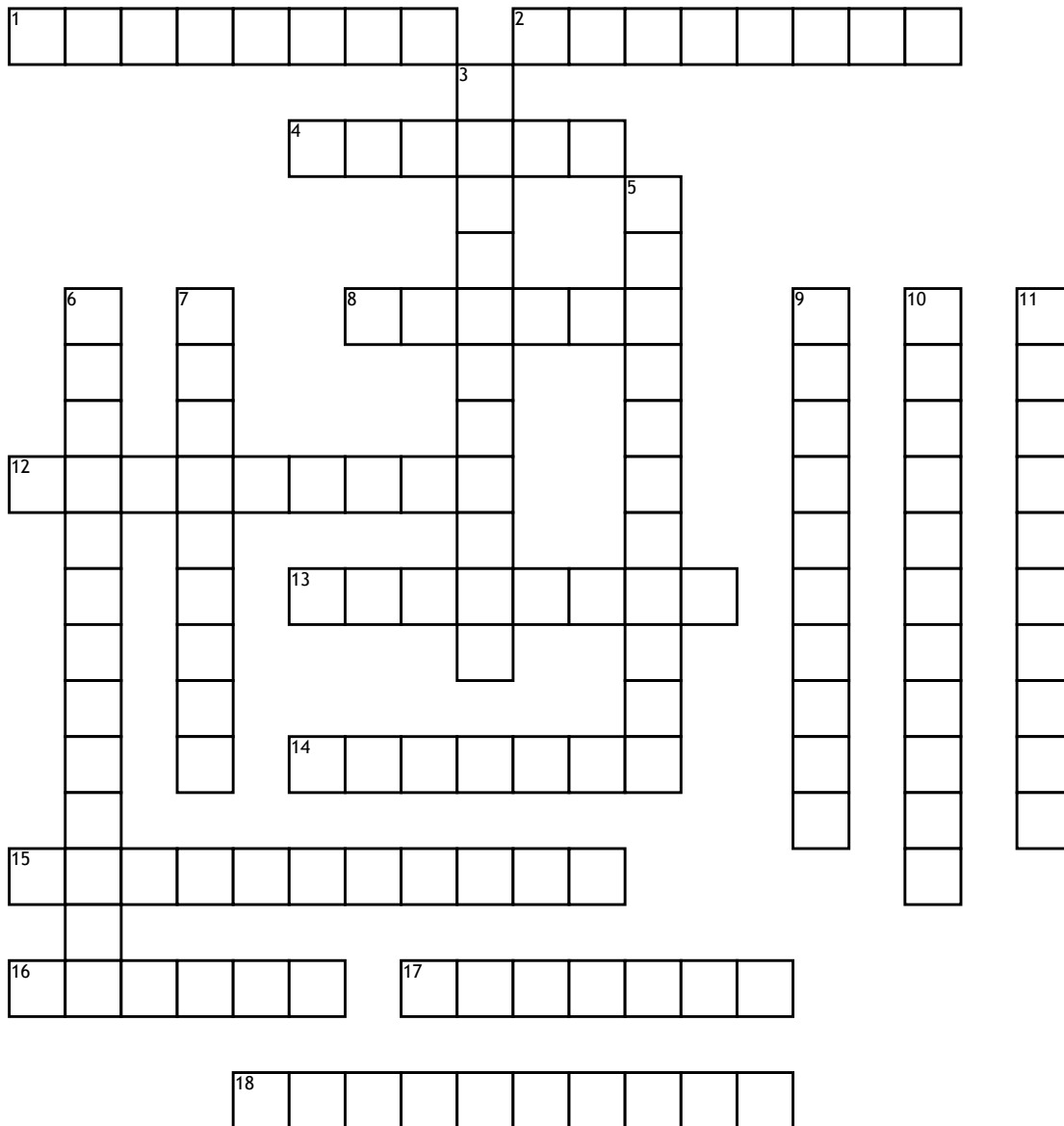


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Muscular System Review for Test



## Across

1. Functions of the skeletal system include body heat, support/shape and \_\_\_\_\_
2. The biceps or triceps muscles are a type of this kind of muscle
4. \_\_\_\_\_ muscle is found in organs and blood vessels
8. an injury to a muscle
12. hip muscles that move the leg AWAY from the midline are called hip \_\_\_\_\_
13. to stretch a muscle, move it in the \_\_\_\_\_ direction
14. A build up of lactic acid causes this

15. when the ball and socket joint of the shoulder pops out of place and stays out of place for an extended period of time
16. In muscles, ATP is the main source of \_\_\_\_\_
17. Muscle found only in the heart
18. collectively called the \_\_\_\_\_ muscle, it has 4 separate muscles located in the anterior thigh

## Down

3. R.I.C.E stands for rest, ice, \_\_\_\_\_, and elevation
5. Abnormal shortening of a muscle

6. the primary function of the rotator cuff is shoulder \_\_\_\_\_

7. hip muscles that move the leg TOWARD the midline are called hip \_\_\_\_\_

9. collectively called the \_\_\_\_\_, these have 3 separate muscles located in the posterior thigh
10. when the ball and socket joint of the shoulder pops out of place and immediately pops back in
11. a muscle's ability to return to it's original length (like a rubber band)