



## Glossary

- 1. Fracture:** A *fracture* is a complete or incomplete break in a bone resulting from the application of excessive force.
- 2. Strain:** A strain is when a muscle is stretched too much and tears. It is also called a pulled muscle.
- 3. Sprain:** A sprain is a stretching or tearing of ligaments, the tough bands of fibrous tissue that connect two bones together in joints.
- 4. House's maid knee:** Bursitis around the knee due to prolonged kneeling, mostly found in housemaids.
- 5. Osteoporosis:** It occurs when bones lose an excessive amount of their protein and mineral content, particularly calcium. Over time, bone mass, and therefore bone strength, is decreased. As a result, bones become fragile and break easily.
- 6. Rheumatoid factor:** an autoantibody of high molecular weight that reacts against immunoglobulins of the class IgG and is often present in rheumatoid arthritis.
- 7. Spasm:** sudden involuntary contraction of one or more muscles; includes cramps, and contractures.
- 8. Periosteum:** A dense membrane composed of fibrous connective tissue that closely wraps all bone except that of the articulating surfaces in joints.
- 9. Tennis elbow:** Tennis elbow is a condition that produces severe, burning pain over the bone at the side of the elbow.
- 10. Bursa:** A small fluid-filled sac or saclike cavity situated in places in tissues where friction would otherwise occur.