|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Muscles (PHS)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| G | Y | D | U | C | E | Y | U | U | A | B | E | X | T | E | N | S | I | B | I | L | I | T | Y |
| K | G | S | C | A | I | B | C | Y | T | I | L | I | B | A | T | I | C | X | E | F | U | L | B |
| L | O | D | I | I | H | D | L | Q | N | D | U | X | R | P | I | A | Q | K | Z | O | E | I | P |
| U | V | B | R | D | T | T | Z | J | D | O | E | L | A | S | T | I | C | I | T | Y | H | Y | A |
| R | D | J | C | R | O | T | I | N | A | W | I | Z | R | N | Z | C | A | I | C | J | M | C | F |
| A | S | E | U | A | O | L | U | K | F | T | N | T | I | T | E | H | K | F | H | X | V | E | T |
| T | E | L | M | C | M | D | G | A | D | F | R | Q | C | A | D | D | U | C | T | I | O | N | P |
| F | B | C | D | B | S | F | V | P | O | X | P | O | F | U | R | W | R | V | G | D | T | V | E |
| V | V | S | U | N | O | I | S | N | E | T | X | E | P | J | D | N | C | X | Q | G | J | J | M |
| I | M | U | C | H | O | T | E | P | M | A | R | C | S | H | K | B | U | R | J | F | E | Y | H |
| G | H | M | T | S | E | V | E | W | R | R | N | N | B | G | Y | J | A | C | X | W | V | A | T |
| H | P | A | I | T | R | O | H | Y | V | N | O | I | T | R | E | S | N | I | M | V | E | B | O |
| M | N | H | O | R | U | S | Q | E | S | T | D | T | C | F | B | N | N | P | V | A | Z | U | B |
| W | I | R | N | A | T | U | N | F | I | L | W | S | A | S | K | Z | Z | X | D | V | E | V | G |
| Z | G | Q | Z | I | C | H | I | N | V | O | L | U | N | T | A | R | Y | S | P | R | A | I | N |
| W | I | I | C | N | A | X | P | W | X | R | X | P | F | S | I | Z | A | H | K | R | X | D | W |
| Z | R | X | D | T | R | R | D | C | S | J | R | N | J | N | X | O | D | Q | V | Y | E | U | R |
| F | O | X | D | I | T | U | U | H | O | K | O | R | G | O | M | K | N | G | B | G | Q | Y | L |
| L | Y | G | D | K | N | P | D | E | L | O | E | T | Q | D | P | N | S | U | N | V | W | U | J |
| E | G | G | H | F | O | R | U | Z | M | A | N | L | A | N | A | X | C | Q | L | Q | Z | U | K |
| X | Y | A | F | G | C | G | W | M | B | I | C | Q | E | E | L | I | G | A | M | E | N | T | S |
| I | R | Z | S | F | K | N | C | O | N | T | R | A | C | T | I | B | I | L | I | T | Y | E | P |
| O | D | X | H | V | O | L | U | N | T | A | R | Y | S | J | A | O | B | N | D | M | N | X | H |
| N | U | C | I | R | H | S | A | I | C | S | A | F | X | P | N | L | F | A | Z | X | U | P | F |

   cramp       contracture       atrophy       circumduction       rotation       extension       flexion       abduction       adduction       insertion       origin       fascia       ligaments       tendons       voluntary       involuntary       skeletal       smooth       cardiac       muscle       elasticity       extensibility       contractibility       excitability       strain       sprain