



The Muscular System

Basic Glossary of Terms for Healthcare Interpreters

	English	Definition	Spanish
1.	Achilles tendon	A band of fibrous tissue connecting the heel bone to the calf muscle.	Tendón de Aquiles
2.	Akinesia	Complete loss of voluntary movement.	Acinesia
3.	Amyloidosis	Abnormal protein deposits in the bones, muscles, or other organs; this is a progressive and incurable disease.	Amiloidosis
4.	Atrophy	Wasting away of muscle or bone, typically due to lack of use or cell degeneration.	Atrofia
5.	Biceps	Muscles with two points of attachment at one end. It usually refers to the muscles on the front part of the upper arm.	Bíceps
6.	BMI	Body Mass Index is a measurement of a person's body fat based on height and weight.	Índice de masa corporal
7.	Buttocks	The two rounded portions of gluteal muscle on which a person sits.	Glúteos
8.	Calf	Plural form calves, these muscles are located in the back part of the lower leg below the knee.	Pantorrilla
9.	Cartilage	A flexible, firm, translucent white connective tissue found in various forms throughout the body.	Cartílago
10.	Cerebral Palsy	A neurological condition marked by complete or partial loss of motor function and caused by some form of brain damage or abnormal development in utero.	Parálisis cerebral
11.	Chiropractor	A medical practitioner focused on the identification, diagnosis, and treatment of neuromuscular conditions, with their primary focus on spinal adjustments and manipulation.	Quiropráctico
12.	Chondrocostal	Relating to the rib and costal cartilages.	Condrocostal
13.	Chondroma	A cartilaginous tumor or growth.	Condroma
14.	Chondromalacia	Softening and deterioration of the cartilage.	Condromalacia
15.	Contracture	Hardening and shortening of tendons, muscles, or other tissues, leading to joint rigidity and deformity.	Contractura
16.	Contusion	A bruise; an area of the skin marked by purple, blue, or black discoloration as a result of ruptured capillaries.	Contusión
17.	Cramp	Also known as spasm, this is an involuntary and painful contraction of a muscle, which happens most often because of strain or fatigue.	Calambre
18.	Deltoid	A large muscle that covers the shoulder and forms its round contour.	Deltoides

19.	Diaphragm	A thin, dome-shaped sheet of muscle that plays a vital role in the breathing process. It also separates the abdomen and thorax cavities.	Diafragma
20.	Dyskinesia	Decreased power or abnormality of voluntary movements.	Disquinesia
21.	EMG	Electromyography is a diagnostic test using tiny electrodes placed over the body to examine the electrical activity and health of the nerve cells that control the muscles.	Electromiografía
22.	Exostosis	Growth of cartilage on the surface of a bone.	Exostosis
23.	Fascia	Thin sheath of tissue that encloses and protects organs and muscles.	Fascia
24.	Fibromyalgia	A chronic disease marked by musculoskeletal pain, localized joint tenderness, and fatigue.	Fibromialgia
25.	Gastrocnemius	The primary calf muscle, which allows the foot and knee to flex.	Gastrocnemio
26.	Glycogen	A substance similar to glucose stored in the liver and muscles. It provides the body an additional source of energy when blood glucose levels drop.	Glucógeno
27.	Hamstrings	Three muscles in the back of the thigh that flex and rotate the leg.	Isquios
28.	Hypertrophy	Organ or body part enlargement due to increased cell size.	Hipertrofia
29.	Meniscus	A fibrous and thin piece of cartilage located between joint surfaces, most commonly referred to in the knee.	Menisco
30.	Muscle relaxant	A drug that decreases muscle tone and impairs muscle function; it is most often used to relieve muscle spasms, hyperreflexia, or pain.	Relajante muscular
31.	Muscular Dystrophy	Wasting away and weakness of the muscles caused by a genetic disease or malnutrition.	Distrofia muscular
32.	Muscular tear	A painful rupture of muscle tissue, most commonly caused by movement beyond the normal range.	Desgarre muscular
33.	Myasthenia Gravis	An autoimmune condition characterized by abnormally weak muscles, but non-atrophic.	Miastenia Gravis
34.	Myofibroma	Muscle tissue tumor.	Miofibroma
35.	Myopathy	Any of various diseases in the muscle.	Miopatía
36.	Myorrhaphy	Surgical repair or suturing of a muscle.	Mioráfisis
37.	Rotator cuff	A group of four muscles and tendons that stabilize the shoulder joint and allow the rotation and elevation of the arm.	Manguito rotador
38.	Rupture	A tear or break in a structure or organ, such as the spleen or tendon.	Ruptura
39.	Sarcopenia	A natural aging process marked by muscle loss.	Sarcopenia
40.	Smooth muscle	Unlike skeletal muscle, smooth muscle moves involuntarily. It is present in the walls of hollow organs like the bladder, uterus, and stomach. The heart, however, is made of cardiac muscle.	Musculo liso
41.	Soleus	A lower calf muscle that helps the foot flex and point the toes downward.	Sóleo

42.	Sprain	A violent twist of a ligament resulting in pain, swelling, and bruising. The most common locations for a sprain are the ankle and wrist.	Torcedura
43.	Stiffness	Inability to easily move muscles and joints.	Rívidez
44.	Strain	A severe pull or tear of a muscle or tendon. The most common locations for a strain are the lower back, calves and hamstrings.	Estirón
45.	Tendon	Inelastic, but flexible fibrous tissue that connects muscle to bone.	Tendón
46.	Tendonitis	Tendon inflammation, generally caused by overuse, rheumatoid disease, or infection.	Tendinitis
47.	Tetanus	A serious and life-threatening bacterial infection characterized by muscle spasms.	Tétano
48.	Trapezius	One of two triangular muscles spreading over the shoulders and back of the neck, which helps the head move.	Trapezio
49.	Triceps	A muscle that has three attachments at the end, used most often in reference to the large muscle in the back of the arm.	Tríceps
50.	Whiplash	Neck injury caused by severe jerking of the head, such as in a car accident.	Latigazo cervical

Notes:

- 4./31. Atrophy is caused by nonuse, whereas dystrophy is caused by a genetic disease or malnutrition.
- 7. Although correct, *nalgas, posaderas, trasero o sentaderas* may be considered rude or inappropriate.
- 16 Also correct: *moretón, magulladura, cardenal o golpe*.
- 18. Deltoides is singular and plural. Así que se dice: El deltoides o Los deltoides.
- 27. Also called *músculos isquiotibiales*.
- 38. *Rotura* is also correct, as in *rotura de ligamento*.
- 42. Sprain can also be translated as *esguince*.
- 44. Strain is also translated as *distensión*. Also possible: *tirón o jalón*.
- 50. Also possible: *esguince cervical*

Key Word Parts:

chondr/o	cartilage
my/o	muscle
-algia	pain
-malacia	softening
sarc-	flesh
-penia	poverty