Skeletal Problems

1. The box below shows problems with the skeletal system. Use them to complete the table below. You may look up any unfamiliar term.

torn muscle	arthritis
osteoporosis	fracture
strained tendon	pulled muscle
bent back	torn ligament

Problems with Bones	Problems with Muscles	Other Problems

2. Below are three problems that Fran's Aunt is suffering from. Write the name of the disorder beside the description.

arthritis	osteoporosis	fracture	pulled muscle

a. Auntie seems to have gotten smaller in size. _____

b. Auntie was in an accident and cannot put all her weight on her bone. _____

c. Auntie lifted a heavy box and hurt the fleshy part of her back. _____

d. Auntie's fingers are swollen and painful and she cannot grip a pen. _____

3. What does the RICE method of treating injuries stand for?

Acronym	Stand For	Reason for Doing This
R		
I		
C		
E		

LIVEWORKSHEETS

4. Below are various fractures. Label them using information from your notebook.

_____ _____ _____ _____ _____

5. Complete the sentences below with words from the word bank. Words are used only ONCE.

Older bones _____ easily and are harder to _____ than younger bones.

Older bones are also not as _____ or _____, so we must care for our bones while we are still young. Below are some of the ways to care for our bones.

1. Eat foods rich in iron so the skeleton can make _____ cells.
2. To get calcium, eat _____ and _____ and drink lots of _____.
3. Get plenty of exercise like _____ and _____ and _____.
4. Do not get too _____ so eat healthy.
5. Be careful and do not _____ your bones.
6. Do not drink too much_____.
7. Do not _____ heavy things.
8. Do not smoke_____.
9. Get lots of _____ to make vitamin D.

FLEXIBLE
BREAK
STRONG
HEAL
SUN
OBESE
SWIMMING
CHEESE
ALCOHOL
RUNNING
DANCING
MILK
DANCING
CIGARETTES
WATER
LIFT
BLOOD

LIVEWORKSHEETS