**Beebe Healthcare**
**Margaret H. Rollins School of Nursing**
**Nursing 101 - Foundations of Nursing**

# Musculoskeletal Class Prep Day 1

For your class prep, you will be required to review the Anatomy and Physiology student PowerPoint and answer the following questions. Please keep in mind that this information is not covered in class but is **on the Unit VII MS part 1 exam.**

1. The bone cells that function in the formation of new bone tissue are called

A. osteoids
B. osteocysts
C. osteoclasts
**D. osteoblasts**

2. A patient with a torn ligament in the knees asks what the ligament does. The nurse's response is based on the knowledge that the ligaments

**A. connect bone to bone**
B. provide strength to muscle
C. connect muscle to bone
D. relieve friction between moving parts

3. The increased risk for falls in the older adult is likely due to (Select all that apply)
**A. changes in balance**
**B. decrease in bone mass**
**C. loss of ligament elasticity**
D. erosion of articular cartilage
**E. decrease in muscle mass and strength**

4. When grading muscle strength, the nurse records a score of 3/5, which indicates

A. no detection of muscular contraction
B. active movement against full resistance without fatigue
C. a barely detectable flicker of contraction
**D. active movement against gravity but not against resistance**

5. An abnormal assessment finding of the musculoskeletal system is
A. equal leg length bilaterally
B. full range of motion in all joints
**C. ulnar deviation and subluxation**
D. muscle strength of 5/5 in all muscles

6. Which muscle type is found in the walls of the hollow structures such as GI tract, Bladder, Uterus, Blood vessels? **smooth**

7. **Fill in the blank**: **amphiarthroses** are slightly moveable joints.

8. **True or false:** Bursae are small sacs of connective tissue located wherever pressure is exerted over moving parts to decrease friction.

**TRUE** OR FALSE

9. **True or false:** A hinge joint is a type of diarthrodial joint.

**TRUE** OR FALSE

10. **True or false**: Superficial fascia is found between muscles, around nerve & blood vessel bundles.

TRUE OR **FALSE**