

Section 6 - Musculoskeletal System

6.1. Indicate TRUE/FALSE for the following statements about The Muscular System, The Human Skeleton and The Skeletal System

- 6.1.1. There are 3 types of muscle in the body, smooth, cardiac and skeletal
- True | False
- 6.1.2. There are over 1000 bones in the human body
- True | False
- 6.1.3. Muscles are necessary for movement, to generate heat and for postural support
- True | False
- 6.1.4. The skeletal system consist of bones, joints, tendons, ligaments and cartilage
- True | False
- 6.1.5. Bones are important for protection of internal organs, they also provide support, form blood cells, are important for mineral balance and store fat and minerals
- True | False
- 6.1.6. Bone mainly consists of hydroxyapatite which is made up of calcium and phosphate
- True | False

6.2. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to the Important Structures within the Musculoskeletal System

6.2.1	Ligaments	A	A gel-like substance which provides cushioning in joints
6.2.2	Tendon	B	Consists of 33 vertebrae and protects the spinal cord
6.2.3	Cartilage	C	Fibrous connective tissue which join one bone to another and stabilize joints
6.2.4	Spine/vertebral column	D	Connect muscles to bones
6.2.5	Synovial fluid	E	Lubricates joints
6.2.6	Intervertebral disc	F	Separates the vertebrae and provide shock absorption

6.3. Choose the most correct combination of statements from column A and B – (choose the correct pairs) relating to Common Conditions Affecting the Musculoskeletal System

6.3.1	Sciatica	A	When an intervertebral disc bulges out of its normal position causing pain and spasm in the back
6.3.2	Tendonitis	B	As a result of a herniated disc compressing the nerve and causing pain in the leg
6.3.3	Sprain	C	Painful, inflammatory condition most commonly as a result of excess activity e.g. tennis elbow
6.3.4	Disc prolapse	D	When the joint is moved beyond its normal range of motion
6.3.5	Rheumatoid arthritis	E	Degenerative wear and tear on the joints with cartilage damage typically in the elderly
6.3.6	Osteoarthritis	F	An autoimmune disease causing painful joints which can occur at any age

6.4. Indicate TRUE/FALSE for the following statements about GOUT

6.4.1. Red meat is the only food that causes gout

- True | False

6.4.2. It commonly presents as sudden, hot, red, painful joint – most commonly the big toe

- True | False

6.4.3. Due to a build up of acid known as uric acid in the body thus Multiforce is indicated

- True | False

6.4.4. Can be prevented by drinking more water, and a more plant based (alkaline) diet

- True | False

6.4.5. Can be prevented by supporting the liver and kidneys with Boldocynara and Nephrosolid

- True | False

6.4.6. Gout only ever occurs once and doesn't come back

- True | False

6.5. Indicate TRUE/FALSE for the following statements about OSTEOARTHRITIS

- 6.5.1. Multiforce is clinically proven to effectively treat osteoarthritis
- True | False
- 6.5.2. Its due to degeneration of the joints and cartilage caused by wear and tear
- True | False
- 6.5.3. Is common in young patients
- True | False
- 6.5.4. Acidic synovial fluid in the joints harms cartilage leading to osteoarthritis
- True | False
- 6.5.5. Key products include ThreshHold Real MSM, Multiforce, Arthroforce Joint Formula and Oxiprovín
- True | False
- 6.5.6. Pain starts suddenly and affects mostly small, joints that don't bear weight
- True | False

6.6. Indicate TRUE/FALSE for the following statements about OSTEOPOROSIS

- 6.6.1. Weight bearing exercise causes osteoporosis
- True | False
- 6.6.2. Is when bones become less dense, brittle and more prone to fractures
- True | False
- 6.6.3. Its more common in women than in men due to the effect of menopause
- True | False
- 6.6.4. The early stage is called osteopenia
- True | False
- 6.6.5. When the body is too acidic, alkaline minerals stored in the bones are released, because bones lose their minerals, this weakens the bones over time
- True | False
- 6.6.6. Multiforce which contains alkaline minerals, is the key product to recommend, when the body is more alkaline less minerals are removed from the bones
- True | False

6.7. Indicate TRUE/FALSE for the following statements about CSSMA (acidity in the body)

6.7.1. Acidity (CSSMA) is caused the acidogenic diet and lifestyle i.e. acid forming foods and stress

- True | False

6.7.2. An alkaline diet contains, large amounts of meat, dairy, sugar and alcohol

- True | False

6.7.3. The harmful effect of CSSMA (acidity) include, gout, arthritis, back pain, and is harmful to bone health

- True | False

6.7.4. Calcium, magnesium and potassium are alkaline minerals

- True | False

6.7.5. Citrates are substances which only alkalinising when they are absorbed into the blood

- True | False

6.7.6. An acidogenic diet contains mainly fruit, vegetables

- True | False

6.8. Indicate TRUE/FALSE for the following statements about Multiforce

6.8.1. It contains the alkalinising minerals (calcium, magnesium and potassium), citrates bicarbonate and phosphate

- True | False

6.8.2. Contains sodium bicarbonate

- True | False

6.8.3. It protects against osteoporosis and gout, and relieves joint pain and arthritis

- True | False

6.8.4. Its designed to combat the effects of the Western, acidogenic diet and lifestyle

- True | False

6.8.5. The daily dose is 7.5g (1 heaped teaspoon/1 sachet) in a glass of water

- True | False

6.8.6. Its clinically tested and proven effective for osteoarthritis, pain, tenderness and stiffness

- True | False