

# Learning Objectives

MedBridge

*Pathophysiology of Muscle Injury*

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## **Course Description:**

It is essential that the clinicians have a understanding of the normal and pathophysiology of muscle tissue and the pathways of its healing. The goal of this chapter is to present the normal and injured mechanics of muscle healing and its application as it pertains to diagnosis, prognosis, rehabilitation, and return to sport.

## **Course objectives:**

- Review normal physiology of muscle and muscle anatomy
- Discuss the mechanics of muscle contraction and different muscle contraction types
- Learn what exactly is damaged in muscle injury
- Understand the muscle strain grading process
- Learn to set good early treatment goals