The study of Anatomy and Physiology is generally driven by the need to solve problems. The problems that affect people are researched, just like the actual structures within the human body. Understanding how to fix problems within the human body can lead to helping the quality of life for many people!

**Activity: Shoulder/Knee Disorders**

Today we are going start to understand and explore more about the types of disease and damage that can happen to the shoulder and knee joints. This will allow us to understand more about the process of how the body functions and heals itself.

Take a look at the topics below and independently research the one topic on the shoulder and one topic on the knee. You are going to write a one page summary of each disorder and answer the following questions.

1. What is the name of your disorder?
2. What is the cause of your disorder?
3. What is the incidence of your disorder?
4. What are the cures or treatments for your disorder?
5. What is the prognosis for your disorder?

Shoulder

* Adhesive Capsulitis (Frozen Shoulder)
* Shoulder impingement syndrome
* Rotator Cuff Calcific Tendonitis
* AC Joint Separation
* Shoulder Bursitis

Knee

* Patellar Tendinitis
* Swollen Knee (Water on the Knee)
* IT Band Syndrome
* Baker’s Cyst
* Osgood Schlatter