**Bone and Muscle Problems**

**1. Simple Fracture - Hairline crack in bone or a single clean break  in   
the bone**

**2. Compound Fracture - Bone is broken into multiple parts and  there   
 is soft tissue damage**

**3. Greenstick Fracture - Bone is cracked and frayed on the broken ends as a result of the bone being twisted**

**4. Sprain - Muscle has been twisted or overstretched, often   
 results in damage to tendons and ligaments**

**5. Cramp - When muscle contracts and stays contracted**

**6. Spasm - When a muscle contracts and relaxes rapidly and   
 repeatedly**