Muscle Test Version A

1. What is the final insertion of the quads?
   1. Patella c. quad tendon
   2. Tibial tuberosity d. patellar tendon
2. Which muscles of the lower leg are responsible for eversion?
   1. Tibialis c. hallicus
   2. Gastrocnemius d. peroneals
3. The main muscle for kicking a football is the rectus femoris. True False
4. Which is not a muscle that runs beneath the medial malleolus?
   1. Tibialis anterior b. tibialis posterior c. flexor hallicus longus d. flexor digitorum longus
5. Which is not a muscle of the rotator cuff?
   1. infraspinatus c. subscapularis
   2. Supraspinatus d. teres major
6. These 2 muscles of the rotator cuff insert on the lesser tubercle.
   1. Supraspinatus/subscapularis c. Supraspinatus/infraspinatus
   2. Subscapularis/infraspinatus d. supraspinatus/biceps brachii
7. This muscle would be responsible for supinating your forearm during bowling
   1. Biceps Brachii b. Pec minor
   2. Pec major c. Triceps
8. Triceps insertion and action are?
   1. Olecranon process/extension c. radial tuberosity/ flexion
   2. Olecranon process/flexion d. radial tuberosity/extension
9. Which hip muscle inserts directly into the ITB?
   1. Gluteus medius c. gracilis
   2. Sartorius d. tensor fascia latae
10. Where do the hamstrings originate?
    1. Ischial tuberosity c. greater trochanter
    2. ASIS d. PSIS
11. Where do the Pes Anserine muscles insert?
    1. Tibial tuberosity c. head of fibula
    2. Prox med tibia d. medial femoral condyle
12. Your wrist extensors originate on the medial epicondyle true false
13. Extensor carpi radialis longus runs: medially laterally
14. Palmaris longus is a wrist: flexor extensor
15. Extensor digitorum extends which phalanges?
    1. 1-4 c. 2-4
    2. 1-5 d. 2-5
16. The traps elevate the scapula and brings head to the side and face to the .
    1. Same, opposite c. opposite, opposite
    2. Same, same d. opposite, same
17. What is the action of the pec major
    1. Flex, add c. ext, add
    2. Elevation, retraction d. depression
18. The serratus anterior has what action?
    1. protraction c. elevation
    2. retraction d. depression
19. The rectus abdominus has what action?
    1. Flexes vertebral column c. rotation
    2. Extends vertebral column d. both a and c
20. The action of the obliques unilaterally is laterally flex and the vertebral column
    1. Flex c. rotate
    2. Extend d. none of the above
21. The peroneus longus runs laterally and then under the foot to insert in the same place as the tib anterior which is?
    1. Base of 1st, med cuneiform c. base of 5th
    2. Navicular, cuneiforms d. cuboid
22. The deltoids flex, abduct, and extends the humerus and all insert where?
    1. Radial tuberosity c. deltoid tuberosity
    2. Olecranon process d. lesser tubercle
23. The flexor digitorum profundus flexes which joint?
    1. MTP c. MCP
    2. PIP d.DIP
24. Which muscle assists with pronation and supination?
    1. Biceps c. brachioradialis
    2. Triceps d. palmaris longus
25. What does the middle deltoid do?
    1. Abduction c. flexion
    2. Extension d. adduction
26. Which muscle does not flex the hip?
    1. iliacus c. psoas major
    2. bicep femoris d. sartorius
27. What 2 muscles insert into the medial border but have opposite actions?
    1. Rhomboid major/serratus anterior c. rhomboid major/pec minor
    2. Pec minor/serratus anterior d. latissimus dorsi/pec minor
28. Which rotator cuff does internal rotation?
    1. Supraspinatus c. infraspinatus
    2. Teres minor d. subscapularis
29. What does the latissimus dorsi do for the humerus?
    1. Extends, adducts b. flexes, abducts
    2. Flexes, adducts c. extends, elevates
30. O: Medial clavicle/lateral sternum I: greater tubercle humerus A: humeral flexion/adduction
    1. Pec major c. Trapezius
    2. Pec minor d. serratus anterior
31. Which muscle is named after the 2 muscles that run together to make it?
    1. Bicep femoris c. rectus femoris
    2. Tensor fascia latae d. iliopsoas
32. The adductor longus adducts the hip. T/F
33. Which hamstring inserts on the fibular head and is most lateral?
    1. Semitendinosus c. rectus femoris
    2. Bicep femoirs d. semimembraneosus
34. Which is not a quadriceps
    1. Rectus femoris c. vastus intermedius
    2. Vastus lateralis d. biceps femoris
35. The gastrocnemius originates on the tibia. True False
36. Which peroneal muscle dorsiflexes?
    1. Longus c. brevis
    2. Tertius d. all of them
37. What is the origin of the Rectus Femoris: A. ASIS B. Proximal Ant femur C. AIIS D. Ischial Tub
38. Which is an action of the Rectus Femoris? A. Hip flexion B. knee flexion C. Hip Extension D. none of these
39. What is the action of both the teres minor and infraspinatus? A. internal rot B. external rotation
40. If a forearm muscle has ulnaris in its name, what wrist action will it have? A. adduction B. abduction
41. The pes anserine has 3 muscles that attach there, what are they and what is the collective action?
42. What muscle is a major stabilizer while walking?
43. Name 2 muscles that have the same insertion but opposite actions?
44. What is terminal knee extension and which muscle is responsible for it?
45. What is a muscle that extends the spine?
46. Along with initiating shoulder abduction, why is the supraspinatus important?
47. What is the longest muscle in the body?
48. Identify a muscle that would be activated when doing a calf raise?
49. As a football player is making a tackle his shoulder gets forced into extension and abuduction and he feels a “pop” which muscle would likely be torn from this mechanism?
50. Pick 1 muscle name: O: I: A:

Extra credit:

1. how many spinous processes does the trapezius muscle originate on?
2. What does pes anserine translate to?