

MUSCLE REVIEW 2

21. Because the biceps brachii muscle flexes the forearm when it contracts, most of the muscle lies
- a. anterior to the humerus
 - b. posterior to the humerus
 - c. anterior to the ulna and radius
 - d. posterior to the ulna and radius
22. The trapezius muscle is named on the basis of
- a. shape
 - b. size
 - c. location
 - d. action
23. The muscle that turns the palm upward or anterior is the
- a. tibialis anterior
 - b. plantaris
 - c. adductor longus
 - d. supinator
24. The facial muscle that is used to wrinkle the forehead is the
- a. orbicularis oculi
 - b. frontalis
 - c. temporalis
 - d. masseter
25. A major muscle used to abduct the arm is the
- a. teres minor
 - b. teres major
 - c. pectoralis major
 - d. deltoid
26. All of the following are flexors of the leg except the
- a. biceps femoris
 - b. rectus femoris
 - c. semitendinosus
 - d. semimembranosus
27. All of the following flex the forearm except the
- a. brachialis
 - b. brachioradialis
 - c. biceps brachii
 - d. triceps brachii
28. The latissimus dorsi, triceps brachii, and sacrospinalis all
- a. are located on the posterior surface of the body
 - b. serve as extensors of some part of the body
 - c. serve as extensors of one part but flexors of another
 - d. none of the above
 - e. both a and b
29. Which movements are possible at both the shoulder and elbow joint?
- a. abduction and flexion
 - b. circumduction and flexion
 - c. abduction, circumduction and flexion
 - d. extension and flexion

30. Which is not a diarthrotic type of joint?

- a. between vertebral articular processes
- b. intercarpal
- c. distal tibio-fibular joint
- d. elbow
- e. all are diarthrotic

Answers: 21-a, 22-a, 23-d, 24-b, 25-d, 26-b, 27-d, 28-e, 29-d, 30-c

31. A muscle that originates on both the spine of the scapula and the clavicle is the

- a. pectoralis major
- b. trapezius
- c. deltoid
- d. sternocleidomastoid

32. The functional relationship between the tibialis anterior and the soleus is comparable to that between

the:

- a. deltoid and biceps brachii
- b. pectoralis major and serratus anterior
- c. pectoralis major and trapezius
- d. sternocleidomastoid and semispinalis

33. Which of the following is a functional joint classification?

- a. fibrous
- b. synarthrosis
- c. synovial
- d. cartilaginous

34. A joint cavity is present in

- a. fibrous joints
- b. amphiarthrotic joints
- c. cartilaginous joints
- d. synovial joints

35. Motion that increases the joint angle anteriorly is

- a. abduction
- b. extension
- c. eversion
- d. flexion

36. Structurally, diarthroses are

- a. fibrous joints
- b. synovial joints
- c. cartilaginous joints
- d. slightly movable

37. The circular, conelike movement of a body segment is

- a. rotation
- b. pronation
- c. circumduction
- d. eversion

38. Which of the following is not characteristic of all diarthroses?

- a. articular surfaces of hyaline cartilage
- b. joint capsule
- c. synovial membrane
- d. meniscus

39. In the cervical region all of the following movements are possible except

- a. flexion
- b. hyperextension
- c. dorsiflexion
- d. lateral rotation

40. Which of the following joints can be readily and comfortably hyperextended?

a. tibiofemoral b. interphalangeal c. atlantooccipital d. elbow

Answers: 31-c, 32-d, 33-b, 34-d, 35-b, 36-b, 37-c, 38-d, 39-c, 40-c

41. Which of the following word pairs is incorrect?

a. syndesmosis - synarthrosis b. pivot - diarthrosis

c. symphysis - amphiarthrosis d. suture - synarthrosis

42. Which of the following is an agonist along with the supinator of the forearm?

a. brachioradialis b. flexor carpi radialis c. brachialis d. biceps brachii

43. Contraction of which of the following muscles would never result in an extension movement?

a. sacrospinalis b. biceps femoris c. rectus abdominis d. latissimus dorsi

44. The muscle tissue that can be consciously controlled is

a. smooth b. skeletal c. intercalated d. cardiac

45. Cardiac muscle is found in the wall of the

a. stomach b. intestine c. urinary bladder d. none of the above

46. The innermost layer of connective tissue in a skeletal muscle is called the

a. epimysium b. perimysium c. endomysium d. sarcomysium

47. Intercalated discs are found in

a. cardiac muscle b. smooth muscle c. skeletal muscle d. a and c

48. Which of the following is under voluntary control?

a. skeletal muscle b. smooth muscle c. cardiac muscle d. a and c

49. Which of the following connective tissues is in direct contact with individual skeletal muscle fibers?

a. periosteum b. epimysium c. perimysium d. endomysium

50. The extensor carpi ulnaris contracts to

a. supinate the forearm b. flex the thumb c. extend the arm d. adduct the hand

Answers: 41-a, 42-d, 43-c, 44-b, 45-d, 46-c, 47-a, 48-a, 49-d, 50-d

51. The latissimus dorsi originates primarily on the

a. humerus b. linea alba c. vertebral column d. clavicle

52. Which pair of muscles would not function as antagonists to one another?

- a. biceps brachii and triceps brachii b. anterior deltoid and latissimus dorsi
c. rectus abdominis and sacrospinalis d. biceps femoris and gastrocnemius

53. Which of the following is not a rotator cuff muscle?

- a. supraspinatus b. subscapularis c. teres minor d. deltoid

54. Which one of the following is located entirely or mostly on the posterior surface of some part of the

body?

- a. biceps brachii b. external oblique c. triceps brachii d. quadriceps femoris

55. Paralysis of which of the following would make an individual unable to flex his thigh?

- a. iliopsoas b. biceps femoris c. semitendinosus d. vastus medialis

56. Paralysis of which of the following muscles would make an individual unable to flex his leg?

- a. gastrocnemius b. soleus c. rectus femoris d. gluteus medius

57. An injection in the rump would be given in which muscle?

- a. gluteus medius b. tensor fascia latae c. gluteus minimus d. gluteus maximus

58. A pulled hamstring would include which muscle?

- a. semitendinosus b. rectus femoris c. iliopsoas d. vastus medialis

59. Which muscle elevates the ribs?

- a. serratus anterior b. pectoralis minor c. scalene d. transversus thoracis

60. Which muscle is a synergist in adduction of the arm?

- a. pectoralis major b. deltoid c. supraspinatus d. rhomboid

Answers: 51-c, 52-d, 53-d, 54-c, 55-a, 56-a, 57-d, 58-a, 59-c, 60-d

61. The joints between the articular processes of vertebrae and between most carpal and tarsal bones are

termed

- a. hinge b. gliding c. condyloid d. symphyses

62. The first metacarpal/carpal joint is a
- a. condyloid
 - b. saddle
 - c. gliding
 - d. hinge
63. Both the shoulder joint and the hip joint contain
- a. an articular capsule
 - b. menisci
 - c. an iliofemoral ligament
 - d. an scapulohumeral ligament
64. What is the action of the muscles located in the anterior compartment of the leg?
- a. flex the leg
 - b. dorsiflex the foot and/or extend the toes
 - c. plantar flex the foot and flex the toes
 - d. extend the leg
65. The joint found between the flat bones of the skull is classified as
- a. syndesmosis
 - b. suture
 - c. amphiarthrosis
 - d. synchondrosis
66. Most joints of the body are
- a. synchondroses
 - b. symphyses
 - c. synarthroses
 - d. synovial
67. Which one of the following exemplifies a symphysis?
- a. junction of two pubic bones
 - b. junctions between vertebral articular facets
 - c. epiphyses of a long bone to the diaphysis
 - d. junction between parietal bones
68. The inability to produce the fluid that keeps most joints moist would likely be due to a disorder in the
- a. bursae
 - b. articular discs
 - c. articular cartilages
 - d. synovial membrane
69. The elbow is an example of a _____ joint.
- a. uniaxial
 - b. biaxial
 - c. triaxial
 - d. nonaxial
70. This movement is characteristic of the hip and shoulder joints.
- a. pronation
 - b. supination
 - c. eversion
 - d. lateral rotation

Answers: 61-b, 62-b, 63-a, 64-b, 65-b, 66-d, 67-a, 68-d, 69-a, 70-d

71. The shoulder joint is
- a. triaxial
 - b. ball and socket
 - c. synovial
 - d. all of the above
72. Which joint would not allow circumduction?
- a. metacarpal/phalangeal II
 - b. radioulnar/carpals
 - c. carpometacarpal of the thumb
 - d. interphalangeal

73. Which muscle could elevate the ribs as well as flex the neck?
- a. sternocleidomastoid b. scalene c. splenius d. semispinalis
74. Which muscle is an antagonist to the action(s) provided by the pectoralis major?
- a. pectoralis minor b. subscapularis c. serratus anterior d. supraspinatus
75. Which muscle is not a rotator of the arm?
- a. subscapularis b. infraspinatus c. supraspinatus d. latissimus dorsi
76. Which muscle is not superficial in the body, seen just below the skin?
- a. latissimus dorsi b. gastrocnemius c. internal oblique d. pectoralis major
77. A sphincter muscle includes the
- a. temporalis b. platysma c. occipitofrontalis d. orbicularis oculi
78. Which action(s) does the soleus and gastrocnemius have in common?
- a. plantar flexion of the foot b. dorsiflexion of the foot c. flexion of the leg d. a and c
79. Which muscle is involved in chewing?
- a. temporalis b. orbicularis oculi c. occipitofrontalis d. sternocleidomastoid
80. Which of the following characterizes all cartilaginous joints?
- a. contain plates of hyaline cartilage b. lack joint cavities c. are immovable d. all of the above do
- Answers: 71-d, 72-d, 73-b, 74-d, 75-c, 76-c, 77-d, 78-a, 79-a, 80-b**
81. When the movement at a joint is limited to rotation around only one axis, the joint is said to be
- a. uniaxial b. biaxial c. nonaxial d. amphiarthrotic
82. Which of the following tends to form septa within the skeletal muscle, to reinforce the muscle?
- a. fasciculus b. epimysium c. perimysium d. endomysium
83. Which action(s) would the brachialis and biceps brachii have in common?
- a. supination of the forearm b. flexion of the arm c. flexion of the forearm d. a and c
84. Which action occurs for the rectus femoris but not the vastus muscles?
- a. extension of the thigh b. extension of the leg c. flexion of the thigh d. flexion of the leg

85. If a pin enters a skeletal muscle, which of the following layers would be encountered secondly?
- a. deep fascia b. endomysium c. perimysium d. epimysium
86. Which muscle name indicates the relative size of the muscle in its name?
- a. transversus abdominis b. pectoralis major c. trapezius d. sartorius
87. Which muscle might act as a synergist in plantar flexion of the foot?
- a. tibialis anterior b. quadriceps femoris c. flexor digitorum longus d. extensor digitorum longus
88. Which muscle name indicates the shape of the muscle?
- a. gluteus maximus b. rectus abdominis c. rhomboid d. biceps brachii
89. All synovial joints possess all of the following features except:
- a. articular cartilage b. a joint capsule c. a synovial membrane d. an articular disc
90. Flexion and extension movements at the wrist take place at
- a. the joint between radius and ulna and the proximal row of carpals
- b. the joint between the proximal and distal rows of carpals
- c. the joints between carpals and metacarpals
- d. the joint between the distal radius and distal ulna

Answers: 81-a, 82-b, 83-c, 84-c, 85-d, 86-b, 87-b, 88-c, 89-d, 90-a

91. Which of the following would not be under the control of the autonomic nervous system?
- a. iris of the eye b. muscular layer of the uterus c. muscular layer of the pharynx
- d. muscular layer of a small artery
92. Which muscle is an agonist for adduction of the arm?
- a. pectoralis major b. pectoralis minor c. teres minor d. supraspinatus
93. Which muscle does not form part of the abdominal wall musculature?
- a. external oblique b. rectus abdominis c. transversus abdominis d. transversus thoracis
94. Which muscle is not a hamstring?
- a. semitendinosus b. gastrocnemius c. biceps femoris d. semimembranosus

95. The agonist for jaw closure is the
 a. platysma b. sternocleidomastoid c. masseter d. orbicularis oris
96. Which muscle moves the ribs?
 a. diaphragm b. serratus anterior c. serratus posterior inferior d. splenius
97. Which of the following is not a fibrous joint?
 a. suture b. syndesmosis c. synchondrosis d. interosseus membrane
98. Which muscle is not involved in a medial or lateral rotational movement within the forearm?
 a. supinator b. biceps brachii c. pronator teres d. palmaris longus
99. Which of the following is not a synovial joint?
 a. odontoid process and atlas b. between vertebral articular facets
 c. joint between bodies of two vertebrae d. joint between two tarsals
100. A synergist in abduction of the arm would be
 a. rhomboideus b. anterior deltoid c. biceps brachii d. pectoralis major

Answers: 91-c, 92-a, 93-d, 94-b, 95-c, 96-c, 97-c, 98-d, 99-c, 100-a

MATCHING. Match muscle on left with action on the right.

1. sternocleidomastoid	a. extension of thigh
2. temporalis	b. flexion of head
3. orbicularis oris	c. abduction of arm
4. rhomboideus	d. close eyelids
5. deltoid	e. flexion of leg
6. brachialis	f. puckers lipsg.
7. supinator	G. flexion of thigh
8. serratus anterior	h. flexion of forearm
9. palmaris longus	i. lateral rotation of forearm
10. adductor femoris	j. elevation of mandible
11. quadriceps femoris	
12. gastrocnemius	
13. gluteus maximus	

	k. retraction of scapula l. protraction of scapula m. flexion of hand n. extension of leg
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Answers: 1-b, 2-j, 3-f, 4-k, 5-c, 6-h, 7-i, 8-l, 9-m, 10-g, 11-n, 12-e, 13-a

MATCHING. Match movement term with appropriate description.

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| 20. flexion | a. arching the back |
| 21. hyperextension | b. moving a limb away from the midline |
| 22. abduction | of the body |
| 23. adduction | c. moving a bone in an anterior- |
| 24. plantar flexion | posterior plane;decreasing the |
| 25. dorsiflexion | angle between the two bones |
| | d. lowering the toe region of the foot |
| | toward the floor |
| | e. raising the toe region of the foot |
| | toward the shin |
| | f. moving the fingers toward the |
| | midline of the hand |

Answers: 20-c, 21-a, 22-b, 23-f, 24-d , 25-e

MATCHING. Match statement on left with muscle tissue on the right.

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| 26. greatest blood supply | a. cardiac muscle |
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