

Arm Muscles Quiz Answer Key PDF

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Identify and explain a common injury associated with the triceps brachii muscle.

Triceps tendon rupture.

Which muscle assists in supination of the forearm?

- A. Pronator teres
- B. Brachioradialis
- C. Biceps brachii ✓**
- D. Flexor carpi ulnaris

What is the main action of the extensor carpi radialis longus?

- A. Flexes the wrist
- B. Extends the wrist ✓**
- C. Pronates the forearm
- D. Supinates the forearm

Which muscles contribute to forearm pronation? (Select all that apply)

- A. Pronator teres ✓**
- B. Supinator
- C. Pronator quadratus ✓**
- D. Biceps brachii

Which muscle is primarily responsible for flexing the elbow?

- A. Triceps brachii
- B. Biceps brachii ✓**
- C. Deltoid

D. Extensor digitorum

Which muscles are commonly targeted in bicep curls? (Select all that apply)

- A. Biceps brachii ✓**
- B. Triceps brachii
- C. Brachialis ✓**
- D. Deltoid

Which artery primarily supplies blood to the biceps brachii?

- A. Ulnar artery
- B. Radial artery
- C. Brachial artery ✓**
- D. Subclavian artery

What exercises would you recommend to strengthen the forearm muscles, and why?

Recommended exercises include wrist curls, reverse wrist curls, and farmer's walks.

Describe the difference in function between the flexor and extensor muscles of the forearm.

The flexor muscles of the forearm function to flex (bend) the wrist and fingers, whereas the extensor muscles function to extend (straighten) the wrist and fingers.

Which muscles are part of the triceps brachii group? (Select all that apply)

- A. Long head ✓**
- B. Short head
- C. Medial head ✓**
- D. Lateral head ✓**

Discuss the importance of the brachialis muscle in arm movement and how it differs from the biceps brachii.

The brachialis muscle is primarily responsible for flexating the elbow joint, making it a key player in arm movement, whereas the biceps brachii not only aids in elbow flexation but also contributes to

supination of the forearm and shoulder flexation.

Explain the role of the biceps brachii in both elbow flexation and forearm supination.

The biceps brachii flexes the elbow by contracting to bring the forearm closer to the upper arm, and it also supinates the forearm by rotating the radius bone to turn the palm upward.

Which muscles are responsible for wrist extension? (Select all that apply)

- A. Extensor carpi radialis longus ✓**
- B. Flexor carpi ulnaris
- C. Extensor carpi ulnaris ✓**
- D. Flexor digitorum superficialis

Which muscle is NOT part of the upper arm?

- A. Biceps brachii
- B. Triceps brachii
- C. Brachialis
- D. Flexor carpi ulnaris ✓**

Which muscles are involved in elbow flexation? (Select all that apply)

- A. Biceps brachii ✓**
- B. Triceps brachii
- C. Brachialis ✓**
- D. Brachioradialis ✓**

Explain how the radial nerve contributes to the function of the arm muscles, particularly the triceps brachii.

The radial nerve contributes to the function of the arm muscles by innervating the triceps brachii, which is responsible for extending the elbow joint.

Which muscle is located in the posterior compartment of the forearm?

- A. Flexor carpi radialis

- B. Palmaris longus
- C. Extensor digitorum ✓**
- D. Flexor digitorum superficialis

Which nerve innervates the triceps brachii muscle?

- A. Ulnar nerve
- B. Median nerve
- C. Radical nerve ✓**
- D. Musculocutaneous nerve

Which of the following muscles are located in the anterior compartment of the forearm? (Select all that apply)

- A. Flexor carpi radialis ✓**
- B. Extensor carpi ulnaris
- C. Palmaris longus ✓**
- D. Extensor digitorum

What is the primary function of the brachialis muscle?

- A. Elbow extension
- B. Elbow flexation ✓**
- C. Wrist flexation
- D. Wrist extension