

Back Muscles Quiz Answer Key PDF

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Which muscle is primarily responsible for extending the shoulder joint?

- A. Trapezius
- B. Latissimus Dorsi ✓**
- C. Rhomboids
- D. Erector Spinae

What is the primary function of the rhomboid muscles?

- A. Elevate the scapula
- B. Retract the scapula ✓**
- C. Extend the spine
- D. Rotate the shoulder

Which of the following muscles are involved in scapular movement? (Select all that apply)

- A. Trapezius ✓**
- B. Latissimus Dorsi
- C. Rhomboids ✓**
- D. Erector Spinae

What is the main action of the erector spinae muscles?

- A. Flex the spine
- B. Extend the spine ✓**
- C. Rotate the shoulder
- D. Elevate the scapula

Which muscle group is located most superficially in the back?

- A. Erector Spinae
- B. Multifidus
- C. Trapezius ✓**
- D. Quadratus Lumborum

Which muscle is NOT part of the erector spinae group?

- A. Iliocostalis
- B. Longissimus
- C. Spinalis
- D. Rhomboids ✓**

Which muscles are involved in stabilizing the spine? (Select all that apply)

- A. Multifidus ✓**
- B. Erector Spinae ✓**
- C. Trapezius
- D. Quadratus Lumborum ✓**

How do the erector spinae muscles assist in maintaining posture?

The erector spinae muscles assist in maintaining posture by stabilizing the spine and allowing for controlled movements, counteracting the effects of gravity.

Explain how the trapezius muscle contributes to scapular movement.

The trapezius muscle contributes to scapular movement by controlling its elevation, depression, retraction, and rotation, allowing for a wide range of shoulder and arm motions.

Describe the function of the latissimus dorsi in upper body movements.

The latissimus dorsi functions primarily to adduct, extend, and internally rotate the shoulder, facilitating movements such as pulling and lifting.

What are the potential consequences of weak multifidus muscles on spinal health?

The potential consequences of weak multifidus muscles on spinal health include decreased spinal stability, increased risk of injury, and chronic pain.

Identify exercises that specifically target the rhomboid muscles and explain their benefits.

1. **Bent-Over Rows:** This exercise strengthens the rhomboids by pulling weights towards the torso while bent over. 2. **Face Pulls:** Using a cable machine, this exercise targets the rhomboids and rear deltoids, promoting shoulder stability. 3. **Reverse Flys:** Performed with dumbbells or cables, this movement effectively engages the rhomboids and improves upper back strength.

Discuss the role of the quadratus lumborum in lower back stability.

The quadratus lumborum stabilizes the lower back by connecting the pelvis to the spine, aiding in lateral flexions and contributing to overall core stability.

Which muscles can be affected by poor posture? (Select all that apply)

- A. Trapezius ✓
- B. Latissimus Dorsi
- C. Erector Spinae ✓
- D. Rhomboids ✓

Which muscle is involved in stabilizing the pelvis and lumbar spine?

- A. Latissimus Dorsi
- B. Trapezius
- C. Quadratus Lumborum ✓
- D. Rhomboids

Which muscles are primarily responsible for arm movement? (Select all that apply)

- A. Trapezius
- B. Latissimus Dorsi ✓
- C. Rhomboids
- D. Levator Scapulae

Which muscles contribute to the extension of the vertebral column? (Select all that apply)

- A. Erector Spinae ✓**
- B. Latissimus Dorsi
- C. Multifidus ✓**
- D. Quadratus Lumborum

Which muscle runs from the cervical vertebrae to the scapula?

- A. Trapezius
- B. Latissimus Dorsi
- C. Levator Scapulae ✓**
- D. Erector Spinae

Which muscles are part of the deep back muscle group? (Select all that apply)

- A. Erector Spinae ✓**
- B. Trapezius
- C. Multifidus ✓**
- D. Quadratus Lumborum ✓**

Which muscle is most likely to be strained due to poor posture?

- A. Trapezius
- B. Latissimus Dorsi
- C. Multifidus ✓**
- D. Rhomboids