

Back Muscles Quiz PDF

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Which muscle is primarily responsible for extending the shoulder joint?

- Trapezius
- Latissimus Dorsi
- Rhomboids
- Erector Spinae

What is the primary function of the rhomboid muscles?

- Elevate the scapula
- Retract the scapula
- Extend the spine
- Rotate the shoulder

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

- Trapezius
- Latissimus Dorsi
- Rhomboids
- Erector Spinae

What is the main action of the erector spinae muscles?

- Flex the spine
- Extend the spine
- Rotate the shoulder
- Elevate the scapula

Which muscle group is located most superficially in the back?

- Erector Spinae
- Multifidus

- Trapezius
- Quadratus Lumborum

Which muscle is NOT part of the erector spinae group?

- Iliocostalis
- Longissimus
- Spinalis
- Rhomboids

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

- Multifidus
- Erector Spinae
- Trapezius
- Quadratus Lumborum

How do the erector spinae muscles assist in maintaining posture?

Explain how the trapezius muscle contributes to scapular movement.

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

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

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

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

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

- Trapezius
- Latissimus Dorsi

- Erector Spinae
- Rhomboids

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

- Latissimus Dorsi
- Trapezius
- Quadratus Lumborum
- Rhomboids

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

- Trapezius
- Latissimus Dorsi
- Rhomboids
- Levator Scapulae

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

- Erector Spinae
- Latissimus Dorsi
- Multifidus
- Quadratus Lumborum

Which muscle runs from the cervical vertebrae to the scapula?

- Trapezius
- Latissimus Dorsi
- Levator Scapulae
- Erector Spinae

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

- Erector Spinae
- Trapezius
- Multifidus
- Quadratus Lumborum

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

- Trapezius
- Latissimus Dorsi
- Multifidus
- Rhomboids