

Leg Muscles Quiz PDF

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Which muscle is not part of the calf muscles?

- Gastrocnemius
- Soleus
- Fibularis longus
- Gluteus medius

Describe the role of the quadriceps in knee movement.

Explain how the gluteal muscles contribute to hip stability and movement.

Discuss the importance of stretching in preventing leg muscle injuries.

Describe the rehabilitation process for a hamstring strain, including exercises and precautions.

What is the primary role of the adductor muscles?

- Leg abduction
- Leg adduction
- Knee extension
- Hip flexation

Which muscles contribute to hip extension? (Select all that apply)

- Gluteus maximus
- Quadriceps
- Hamstrings
- Adductors

Which exercise primarily targets the quadriceps?

- Leg curls
- Calf raises
- Squats
- Deadlifts

What are the functions of the calf muscles? (Select all that apply)

- Plantarflexation
- Dorsiflexation
- Knee extension
- Hip abduction

What is the primary function of the quadriceps muscle group?

- Knee flexation
- Knee extension
- Hip rotation
- Ankle dorsiflexation

Which muscle group is located at the back of the thigh?

- Quadriceps
- Hamstrings
- Calves
- Adductors

Which muscle is primarily responsible for plantarflexation of the foot?

- Hamstrings
- Quadriceps
- Gastrocnemius
- Gluteus maximus

What are common causes of leg muscle injuries? (Select all that apply)

- Overuse
- Poor warm-up
- Lack of stretching
- Proper hydration

What are the metabolic energy sources for leg muscles during exercise?

What is a common injury associated with the hamstrings?

- Fracture
- Strain
- tendonitis
- Dislocation

Which of the following are components of the calf muscles? (Select all that apply)

- Gastrocnemius
- Soleus
- Sartorius
- Fibularis longus

Which nerve primarily supplies the calf muscles?

- Sciatic nerve
- Femoral nerve
- Fibular nerve
- Ulnar nerve

Which exercises target the gluteal muscles? (Select all that apply)

- Squats
- Lunges
- Calf raises
- Leg press

How do the calf muscles assist in venous return from the lower extremities?

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

- Quadriceps
- Hamstrings
- Gastrocnemius
- Gluteus maximus