

Lower Extremity Anatomy Quiz PDF

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Which ligament stabilizes the lateral side of the knee?

- Anterior cruciate ligament
- Medial collateral ligament
- Lateral collateral ligament
- Posterior cruciate ligament

The Achilles tendon connects which muscle group to the heel bone?

- Quadriceps
- Hamstrings
- Calf muscles
- Gluteal muscles

Discuss the clinical significance of the sciatic nerve and potential complications associated with its injury.

Which nerves supply the lower leg and foot? (Select all that apply)

- Sciatic nerve
- Femoral nerve
- Tibial nerve
- Peroneal nerve

What are the common symptoms and causes of osteoarthritis in the knee joint?

Which of the following are part of the tarsal bones? (Select all that apply)

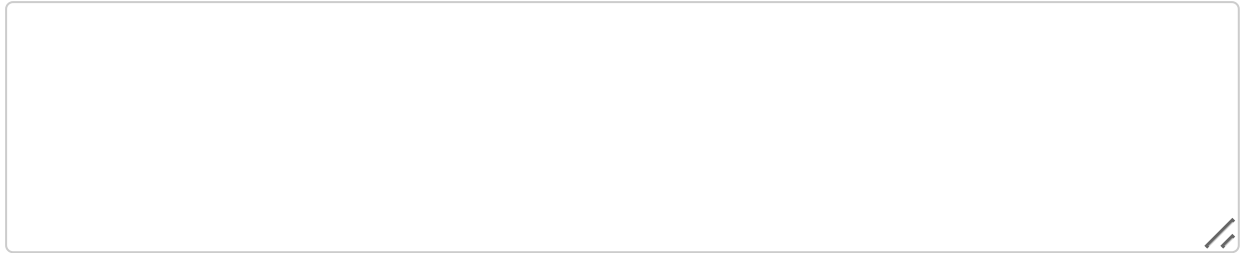
- Talus
- Navicular
- Cuboid
- Metatarsals

What is the primary movement of the knee joint?

- Rotation
- Flexión and extension
- Abduction and adduction
- Circumduction

Explain the gait cycle and its phases in the context of lower extremity movement.

Describe the role of the anterior cruciate ligament (ACL) in knee stability.



Which bone is the longest in the human body?

- tibia
- Femur
- Fibula
- Humerus

Which artery is the main blood supply to the thigh?

- Popliteal artery
- Femoral artery
- Tibia artery
- Peroneal artery

What type of joint is the hip joint?

- Hinge
- Ball and socket
- Pivot
- Saddle

Which nerve is the largest in the human body?

- Femoral nerve
- Obturator nerve
- Sciatic nerve
- Tibia nerve

Which movements are possible at the hip joint? (Select all that apply)

- Flexión
- Extension
- Abduction

Inversion

Which condition is characterized by inflammation of the plantar fascia?

- Achilles tendinitis
- Plantar fasciitis
- Bursitis
- Osteoarthritis

Which bones form the ankle joint? (Select all that apply)

- Talus
- Calcaneus
- Tibia
- Fibula

Outline the steps involved in performing a Lachman test and its purpose in clinical examination.

How does the structure of the femur contribute to its function in the lower extremity?

Which of the following are ligaments of the knee? (Select all that apply)

- Anterior cruciate ligament
- Deltoid ligament
- Posterior cruciate ligament

Iliofemoral ligament

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

- Quadriceps
- Hamstrings
- Gastrocnemius
- Sartorius