

Lower Extremity Muscle Quiz PDF

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The gluteus medius is primarily involved in which movement?

- Hip flexation
- Hip abduction
- Hip adduction
- Hip extension

What is the primary action of the tibialis anterior muscle?

- Plantarflexation
- Hip extension
- Knee flexation
- Dorsiflexation

What nerve innervates the quadriceps muscle group?

- Sciatic nerve
- Femoral nerve
- Tibal nerve
- Obturator nerve

Which muscle is part of the hamstring group?

- Vastus lateralis
- Rectus femoris
- Gluteus minimus
- Semitendinosus

Which muscle is located in the calf and assists in plantarflexation?

- Soleus
- Gracilis

- Pectineus
- Sartorius

How do plantarflexors and dorsiflexors contribute to walking and running mechanics?

What are the primary differences in function between the gluteus maximus and gluteus medius?

Which muscles are involved in knee flexation?

- Biceps femoris
- Rectus femoris
- Semimembranosus
- Semitendinosus

Explain the significance of the femoral artery in the vascular supply of the lower extremity.

Outline the rehabilitation process for a hamstring strain.

Which muscles are primarily responsible for hip extension?

- Gluteus maximus
- Rectus femoris
- Vastus lateralis
- Semitendinosus

Discuss the impact of a sciatic nerve injury on lower extremity function.

Describe the role of the quadriceps muscle group in daily activities.

Which artery supplies blood to the thigh region?

- Popliteal artery
- Anterior tibial artery
- Posterior tibial artery
- Femoral artery

Which muscles contribute to hip stabilization?

- Gluteus maximus
- Tibialis anterior
- Vastus intermedius
- Gluteus medius

Which muscle is commonly associated with shin splints?

- Gastrocnemius
- Soleus
- Plantaris
- Tibialis anterior

Which muscles are innervated by the sciatic nerve?

- Biceps femoris
- Semimembranosus
- Rectus femoris
- Vastus medialis

What are common injuries associated with the lower extremity muscles?

- Patellar tendinitis
- Rotator cuff tear
- Shin splints
- Hamstring strain

Which of the following muscles are part of the adductor group?

- Adductor magnus
- Gracilis
- Gluteus maximus
- Sartorius

Which muscle is primarily responsible for knee extension?

- Biceps femoris
- Gluteus maximus
- Tibialis anterior

Rectus femoris