

Lower Limb Muscles Quiz PDF

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Which muscles are part of the hamstring group? (Select all that apply)

- Biceps femoris
- Semitendinosus
- Semimembranosus
- Vastus lateralis

What condition is characterized by increased pressure within a muscle compartment?

- Tendinitis
- Compartment syndrome
- Muscle strain
- Ligament sprain

Which muscle is known as the "tailor's muscle"?

- Sartorius
- Rectus femoris
- Gracilis
- Soleus

Which nerve innervates the anterior compartment of the thigh?

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

Which muscle is responsible for hip abduction?

- Gluteus maximus
- Gluteus medius

- Adductor longus
- Iliopsoas

Which muscles are primarily responsible for knee extension? (Select all that apply)

- Vastus medialis
- Vastus lateralis
- Biceps femoris
- Rectus femoris

Which of the following muscles are involved in hip flexion? (Select all that apply)

- Iliopsoas
- Rectus femoris
- Gluteus maximus
- Sartorius

What are the potential consequences of an untreated compartment syndrome in the lower limb?

Explain the role of the gluteus maximus in lower limb movement.

Discuss the rehabilitation strategies for a patient recovering from a hamstring strain.

What are common symptoms of a muscle strain? (Select all that apply)

- Swelling
- Bruising
- Increased range of motion
- Pain

What is the primary function of the hamstring muscles?

- Hip extension and knee flexation
- Hip flexation and knee extension
- Hip abduction and knee rotation
- Hip adduction and knee stabilization

Which artery supplies blood to the thigh?

- Popliteal artery
- Femoral artery
- Tibia artery
- Radia artery

How does the sciatic nerve contribute to the functionality of the lower limb muscles?

Which nerves are involved in the innervation of the lower leg? (Select all that apply)

- Tibia nerve
- Femoral nerve
- Peroneal nerve
- Obturator nerve

Describe the process and importance of warming up before engaging in physical activities involving the lower limb muscles.

Identify and explain the significance of the popliteal artery in the circulatory system of the lower limb.

Which muscle is part of the quadriceps group?

- Biceps femoris
- Rectus femoris
- Gluteus maximus
- Sartorius

Which muscles contribute to plantar flexation of the foot? (Select all that apply)

- Gastrocnemius
- Soleus
- Tibialis anterior
- Peroneus longus

What is the primary action of the gastrocnemius muscle?

- Knee extension
- Hip flexation
- Plantar flexation
- Dorsiflexation