

Muscles Of The Leg Quiz PDF

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Which muscle is primarily responsible for knee extension?

- Hamstrings
- Quadriceps Femoris
- Gastrocnemius
- Soleus

Which nerve innervates the anterior compartment of the thigh?

- Sciatic nerve
- Femoral nerve
- Obturator nerve
- Common fibular nerve

Explain the process and importance of dorsiflexion in daily activities.

How does the blood supply to the leg muscles adapt during intense physical activity?

Discuss the importance of the gluteus medius in maintaining postural stability.

Which artery primarily supplies blood to the posterior compartment of the leg?

- Femoral artery
- Anterior tibialis artery
- Popliteal artery
- Posterior tibialis artery

Which muscle is involved in the eversion of the foot?

- Tibialis Anterior
- Soleus
- Peroneus Longus
- Gastrocnemius

Which muscle is part of the hamstring group?

- Rectus Femoris
- Biceps Femoris
- Adductor Longus
- Gluteus Maximus

Which muscle is NOT part of the quadriceps group?

- Vastus Lateralis
- Vastus Medialis
- Biceps Femoris
- Rectus Femoris

Which muscles contribute to hip abduction?

- Gluteus Medius
- Gluteus Minimus
- Gluteus Maximus
- Adductor Magnus

Which muscles are part of the adductor group in the thigh?

- Adductor Longus
- Adductor Brevis
- Semitendinosus
- Gracilis

Which muscles are involved in knee flexion?

- Quadriceps Femoris
- Hamstrings
- Gastrocnemius
- Soleus

Explain the role of the quadriceps femoris in the gait cycle.

Describe the anatomical differences between the anterior and posterior compartments of the leg.

What are the potential consequences of a sciatic nerve injury on leg muscle function?

Which of the following are common conditions affecting the leg muscles?

- Plantar fasciitis
- Carpal tunnel syndrome
- Shin splints
- Muscle cramps

Which nerves are responsible for innervating the muscles of the leg?

- Sciatic nerve
- Femoral nerve
- Median nerve
- Obturator nerve

Which muscles are involved in plantar flexion of the foot?

- Gastrocnemius
- Soleus
- Tibialis Anterior
- Peroneus Longus

What is the main function of the tibialis anterior muscle?

- Plantar flex ion
- Knee extension
- Dorsiflex ion and inversion of the foot
- Hip extension

What is the primary action of the gluteus maximus muscle?

- Abduction of the thigh
- Flex ion of the hip
- Extension and lateral rotation of the hip
- Med ial rotation of the thigh