

## Muscles Of The Lower Extremity Quiz PDF

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**What is the longest muscle in the human body?**

- Sartorius
- Vastus Lateralis
- Semitendinosus
- Iliopsoas

**Describe the functional importance of the gluteal muscles in everyday activities.**

**Discuss the clinical significance of the popliteus muscle in knee function.**

**What are the implications of a hamstring injury on lower extremity function?**

**What strategies can be employed in rehabilitation to address muscle imbalances in the lower extremity?**

**Which nerve innervates the anterior thigh muscles?**

- Sciatic Nerve
- Obturator Nerve
- Superior Gluteal Nerve
- Femoral Nerve

**Which muscle group is located in the posterior compartment of the thigh?**

- Quadriceps
- Adductors
- Calf Muscles
- Hamstrings

**Which muscle assists in both hip and knee movements?**

- Sartorius
- Rectus Femoris
- Vastus Medialis
- Semimembranosus

**Which muscle is responsible for unlocking the knee joint?**

- Popliteus
- Soleus
- Tensor Fasciae Latae
- Iliopsoas

**Which gluteal muscle is primarily responsible for hip abduction?**

- Gluteus Maximus
- Gluteus Minimus
- Tensor Fasciae Latae
- Gluteus Medius

**Which muscles contribute to plantarflexation of the foot? (Select all that apply)**

- Gastrocnemius
- Soleus
- Tibialis Anterior
- Fibularis Longus

**Which muscles are involved in stabilizing the pelvis? (Select all that apply)**

- Gluteus Medius
- Adductors
- Quadriceps
- Iliopsoas

**Explain the role of the iliopsoas muscle in lower extremity movement.**

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

- Gluteus Maximus
- Iliopsoas
- Hamstrings

Tensor Fasciae Latae

**Which muscles are innervated by the sciatic nerve? (Select all that apply)**

- Biceps Femoris
- Semitendinosus
- Vastus Intermedius
- Semimembranosus

**Which of the following muscles are part of the quadriceps group? (Select all that apply)**

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

**Which muscle is primarily responsible for knee extension?**

- Biceps Femoris
- Rectus Femoris
- Gluteus Maximus
- Gastrocnemius

**How does the femoral nerve contribute to the movement of the lower extremity?**

**What are common injuries associated with the lower extremity muscles? (Select all that apply)**

- Strains
- Tendonitis
- Fractures
- Tears

**Which artery supplies blood to the anterior compartment of the thigh?**

- Popliteal Artery
- Posterior Tibialis Artery
- Inferior Gluteal Artery
- Femoral Artery