

## Muscles Of The Neck Quiz Answer Key PDF

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**What condition is characterized by involuntary muscle contractions leading to abnormal neck postures?**

- A. Neck strain
- C. Whiplash
- D. Muscle atrophy
- C. Cervical dystonia ✓**

**Which muscles are involved in head rotation? (Select all that apply)**

- A. Sternocleidomastoid ✓**
- C. Platysma
- D. Trapezius
- C. Scalenes ✓**

**Which muscle group assists in elevating the first two ribs during forced inhalation?**

- A. Trapezius
- C. Sternocleidomastoid
- D. Longus colli
- C. Scalenes ✓**

**Identify the muscles that are part of the posterior neck muscles. (Select all that apply)**

- A. Trapezius ✓**
- C. Levator Scapulae ✓**
- D. Platysma
- C. Sternocleidomastoid

**Explain how the scalenes contribute to the mechanics of breathing.**

**The scalenes contribute to the mechanics of breathing by elevating the first and second ribs, which helps expand the thoracic cavity and allows for greater lung expansion during inhalation.**

**What are common symptoms of neck strain? (Select all that apply)**

- A. Swelling ✓**
- C. Tenderness ✓**
- D. Involuntary contractions
- C. Restricted movement ✓**

**Which muscle is responsible for flexing the neck when acting bilaterally?**

- A. Platysma
- C. Trapezius
- D. Levator Scapulae
- C. Sternocleidomastoid ✓**

**Where does the sternocleidomastoid muscle insert?**

- A. Clavicle
- C. Scapula
- D. Occipital bone
- C. Mastoid process ✓**

**How can you differentiate between the functions of the trapezius and the levator scapulae muscles?**

**The trapezius muscle is responsible for moving and stabilizing the scapula, while the levator scapulae primarily elevates the scapula.**

**What are the key steps in performing a range of motion test for the neck muscles?**

**1. Ensure the patient is seated comfortably. 2. Instruct the patient to perform neck flexions (chin to chest), extensions (looking up), rotations (turn head side to side), and lateral bends (ear to shoulder). 3. Observe and measure the degree of movement for each action.**

**What are the potential causes and symptoms of whiplash?**

The potential causes of whiplash include car accidents, falls, or sports injuries that result in rapid head movement. Symptoms may include neck pain, stiffness, headaches, dizziness, and fatigue.

**Describe the role of the sternocleidomastoid muscle in neck movement.**

The sternocleidomastoid muscle facilitates neck movement by enabling rotation of the head to the opposite side, flexion of the neck, and lateral bending towards the same side.

**Which of the following muscles is NOT part of the deep neck muscles?**

- A. Longus colli
- C. Longus capitis
- D. Scalenes
- C. Platysma ✓**

**Which muscles are categorized as lateral neck muscles? (Select all that apply)**

- A. Scalenes ✓**
- C. Platysma
- D. Sternocleidomastoid
- C. Levator Scapulae ✓**

**Discuss the importance of the platysma in facial expressions and neck movement.**

The platysma is important for facial expressions as it allows for the movement of the skin in the neck and lower face, contributing to expressions of shock, fear, and tension, while also aiding in neck movements such as flexion and rotation.

**What is the primary role of the trapezius muscle?**

- A. Flexing the neck
- C. Assisting in breathing
- D. Tensing the skin
- C. Supporting the arm ✓**

**Which of the following muscles assist in neck flexion? (Select all that apply)**

- A. Longus colli ✓**
- C. Sternocleidomastoid ✓**
- D. Trapezius
- C. Scalenes ✓**

**What is the primary function of the platysma muscle?**

- A. Head rotation
- C. Facial expression ✓**
- D. Scapular movement
- C. Elevating the ribs

**Which muscles contribute to the support of the head and neck? (Select all that apply)**

- A. Trapezius ✓**
- C. Sternocleidomastoid ✓**
- D. Longus capitis ✓**
- C. Platysma

**Which muscle is located superficially and tenses the skin of the neck?**

- A. Platysma ✓**
- C. Levator Scapulae
- D. Longus capitis
- C. Scalenes