

Muscles Of The Neck Quiz PDF

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

- Neck strain
- Whiplash
- Muscle atrophy
- Cervical dystonia

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

- Sternocleidomastoid
- Platysma
- Trapezius
- Scalenes

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

- Trapezius
- Sternocleidomastoid
- Longus colli
- Scalenes

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

- Trapezius
- Levator Scapulae
- Platysma
- Sternocleidomastoid

Explain how the scalenes contribute to the mechanics of breathing.

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

- Swelling
- Tenderness
- Involuntary contractions
- Restricted movement

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

- Platysma
- Trapezius
- Levator Scapulae
- Sternocleidomastoid

Where does the sternocleidomastoid muscle insert?

- Clavicle
- Scapula
- Occipital bone
- Mastoid process

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

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

What are the potential causes and symptoms of whiplash?

Describe the role of the sternocleidomastoid muscle in neck movement.

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

- Longus colli
- Longus capitis
- Scalenes
- Platysma

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

- Scalenes
- Platysma
- Sternocleidomastoid
- Levator Scapulae

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

What is the primary role of the trapezius muscle?

- Flexing the neck
- Assisting in breathing
- Tensing the skin
- Supporting the arm

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

- Longus colli
- Sternocleidomastoid
- Trapezius
- Scalenes

What is the primary function of the platysma muscle?

- Head rotation
- Facial expression
- Scapular movement
- Elevating the ribs

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

- Trapezius
- Sternocleidomastoid
- Longus capitis
- Platysma

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

- Platysma
- Levator Scapulae
- Longus capitis
- Scalenes