

Muscles Of The Neck Quiz Questions and Answers 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** ✓

The condition characterized by involuntary muscle contractions leading to abnormal neck postures is known as cervical dystonia. This neurological disorder causes the head to twist or turn to one side, often resulting in discomfort and pain.

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

- Sternocleidomastoid** ✓
- Platysma
- Trapezius
- Scalenes** ✓

The primary muscles involved in head rotation include the sternocleidomastoid, splenius capitis, and the semispinalis capitis. These muscles work together to facilitate the movement of the head from side to side.

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

- Trapezius
- Sternocleidomastoid
- Longus colli
- Scalenes** ✓

The scalene muscles, specifically the anterior, middle, and posterior scalene, assist in elevating the first two ribs during forced inhalation. This action helps expand the thoracic cavity, facilitating deeper breathing.

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

- Trapezius ✓
- Levator Scapulae ✓
- Platysma
- Sternocleidomastoid

The posterior neck muscles include the trapezius, splenius capitis, and semispinalis capitis, among others. These muscles are primarily responsible for movements and stabilization of the head and neck.

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)

- Swelling ✓
- Tenderness ✓
- Involuntary contractions
- Restricted movement ✓

Common symptoms of neck strain include pain, stiffness, and limited range of motion in the neck. Other symptoms may also include headaches and muscle spasms.

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

- Platysma
- Trapezius
- Levator Scapulae
- Sternocleidomastoid ✓

The muscle responsible for flexing the neck when acting bilaterally is the sternocleidomastoideus. This muscle allows for the forward bending of the neck when both sides contract together.

Where does the sternocleidomastoid muscle insert?

- Clavicle
- Scapula
- Occipital bone
- Mastoid process ✓

The sternocleidomastoideus muscle inserts at the mastoid process of the temporal bone of the skull and the lateral half of the superior nuchal line of the occipital bone.

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

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

- Longus colli
- Longus capitis
- Scalenes
- Platysma ✓

The deep neck muscles primarily include the longus colli, longus capitis, and the scalene muscles. Any muscle not fitting this classification, such as the sternocleidomastoideus, would be considered not part of the deep neck muscles.

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

- Scalenes ✓
- Platysma
- Sternocleidomastoid
- Levator Scapulae ✓

The lateral neck muscles primarily include the sternocleidomastoideus and the scalene muscles. These muscles are responsible for various movements of the head and neck, including rotation and lateral flexions.

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 flexation and rotation.

What is the primary role of the trapezius muscle?

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

The trapezius muscle primarily functions to stabilize and move the shoulder blades, allowing for a range of shoulder and neck movements. It plays a crucial role in posture and upper body mobility.

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

- Longus colli ✓**
- Sternocleidomastoid ✓**
- Trapezius
- Scalenes ✓**

The muscles that assist in neck flexion include the sternocleidomastoideus, scalenes, and longus colli. These muscles work together to bring the chin towards the chest and facilitate forward bending of the neck.

What is the primary function of the platysma muscle?

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

The platysma muscle primarily functions to facilitate movements of the lower face and neck, including depressing the mandible and tensing the skin of the neck.

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

- Trapezius ✓
- Sternocleidomastoid ✓
- Longus capitis ✓
- Platysma

The muscles that contribute to the support of the head and neck include the sternocleidomastoid, trapezius, splenius capitis, and semispinalis capitis. These muscles work together to stabilize and move the head and neck effectively.

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

- Platysma ✓
- Levator Scapulae
- Longus capitis
- Scalenes

The muscle that is located superficially and tenses the skin of the neck is the platysma. This muscle plays a key role in facial expressions and movements of the neck.