

Shoulder Muscles Quiz Answer Key PDF

Shoulder Muscles Quiz Answer Key PDF

Disclaimer: The shoulder muscles quiz answer key pdf was generated with the help of StudyBlaze AI. Please be aware that AI can make mistakes. Please consult your teacher if you're unsure about your solution or think there might have been a mistake. Or reach out directly to the StudyBlaze team at max@studyblaze.io.

Which muscle is primarily responsible for arm abduction?

- A. Trapezius
- B. Deltoid ✓**
- C. Pectoralis Major
- D. Rhomboid Major

Explain the role of the rotator cuff muscles in shoulder stability.

The rotator cuff consists of four muscles (supraspinatus, infraspinatus, teres minor, and subscapularis) that work together to stabilize the shoulder by maintaining the alignment of the humeral head in the glenoid cavity, allowing for a wide range of motion while preventing dislocation.

Describe the symptoms and potential causes of shoulder impingement syndrome.

Symptoms include pain in the shoulder, especially when lifting the arm, weakness, and a limited range of motion. Potential causes include rotator cuff tendinitis, bursitis, bone spurs, or repetitive overhead activities.

Which nerves supply the rotator cuff muscles? (Select all that apply)

- A. Axillary Nerve
- B. Suprascapular Nerve ✓**
- C. Long Thoracic Nerve
- D. Subscapular Nerve ✓**

Which movements are performed by the deltoid muscle? (Select all that apply)

- A. Abduction ✓**
- B. Flexation ✓**

C. Extension ✓

D. Adduction

Explain how shoulder muscles work together to perform a throwing motion.

The shoulder muscles work together by stabilizing the shoulder joint, allowing the arm to rotate and extend effectively, with the rotator cuff providing stability, the deltoids facilitating arm movement, and the pectorals contributing to the force of the throw.

What is the primary function of the infraspinatus muscle?

A. Internal Rotation

B. External Rotation ✓

C. Flexation

D. Extension

Which muscle is not part of the rotator cuff?

A. Supraspinatus

B. Infraspinatus

C. Ters Major ✓

D. Subscapularis

Which muscle assists in the elevation of the scapula?

A. Levator Scapulae ✓

B. Serratus Anterior

C. Pectoralis Minor

D. Ters Minor

Which of the following are common shoulder injuries? (Select all that apply)

A. Rotator Cuff Tear ✓

B. Shoulder Dislocation ✓

C. Carpal Tunnel Syndrome

D. Impingement Syndrome ✓

What is the significance of the serratus anterior in preventing scapular winging?

The serratus anterior prevents scapular winging by anchoring the scapula to the rib cage, allowing for smooth and stable shoulder movements.

Discuss the impact of a rotator cuff tear on shoulder function and potential treatment options.

A rotator cuff tear can lead to pain, weakness, and restricted movement in the shoulder, impacting daily activities. Treatment options range from conservative methods like physical therapy and injections to surgical interventions for more severe cases.

How does the trapezius muscle contribute to shoulder movement and posture?

The trapezius muscle contributes to shoulder movement by facilitating elevation, retraction, and rotation of the scapula, while also supporting the neck and upper back to maintain good posture.

Which of the following muscles are part of the rotator cuff? (Select all that apply)

- A. Supraspinatus ✓**
- B. Teres Minor ✓**
- C. Trapezius
- D. Subscapularis ✓**

Which artery supplies blood to the shoulder muscles?

- A. Femoral Artery
- B. Subclavian Artery ✓**
- C. Radical Artery
- D. Carotid Artery

Which muscles contribute to the internal rotation of the shoulder? (Select all that apply)

- A. Subscapularis ✓**
- B. Infraspinatus
- C. Teres Major ✓**
- D. Pectoralis Major ✓**

Which muscles are involved in scapular retraction? (Select all that apply)

- A. Rhomboid Major ✓**
- B. Serratus Anterior
- C. Trapezius ✓**
- D. Pectoralis Minor

Which nerve innervates the deltoid muscle?

- A. Suprascapular Nerve
- B. Axillary Nerve ✓**
- C. Long Thoracic Nerve
- D. Dorsal Scapular Nerve

What movement is primarily performed by the serratus anterior muscle?

- A. Shoulder Abduction
- B. Scapular Protraction ✓**
- C. Arm Flexation
- D. Scapular Elevation

Which condition involves inflammation of the shoulder's bursa?

- A. Tendonitis
- B. Bursitis ✓**
- C. Rotator Cuff Tear
- D. Impingement Syndrome