

Upper Extremity Muscles Quiz Answer Key PDF

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Outline a rehabilitation program for a patient recovering from lateral epicondylitis (tennis elbow).

1. Initial Rest: Avoid activities that exacerbate pain for 1-2 weeks. **2. Ice Therapy:** Apply ice packs for 15-20 minutes several times a day to reduce inflammation. **3. Stretch and Strengthen:** Begin with gentle stretching of the wrist and forearm, progressing to strengthening exercises like wrist curls and grip strengthening. **4. Ergonomic Adjustments:** Modify activities and tools to reduce strain on the elbow. **5. Gradual Return:** Slowly reintroduce activities, ensuring proper technique and equipment. **6. Physical Therapy:** Consider professional guidance for tailored exercises and modalities.

What is the primary action of the Brachialis muscle?

- A. Supination of the forearm
- B. Flexion of the elbow ✓**
- C. Extension of the elbow
- D. Abduction of the shoulder

Which artery supplies blood to the Triceps Brachii?

- A. Brachial artery
- B. Radial artery
- C. Profunda brachii artery ✓**
- D. Ulnar artery

Which muscles are involved in forearm supination?

- A. Biceps Brachii ✓**
- B. Supinator ✓**
- C. Pronator Teres
- D. Brachialis

What is the primary action of the Deltoid muscle?

- A. Arm adduction
- B. Arm abduction ✓**
- C. Elbow flex ion
- D. Forearm pronation

What are the functions of the Trapezius muscle?

- A. Elevation of the shoulder ✓**
- B. Retraction of the scapula ✓**
- C. Depression of the shoulder ✓**
- D. Flex ion of the elbow

What examination techniques would you use to assess the function of the Biceps Brachii?

Examination techniques include manual muscle testing (MMTs) for strength, assessing range of motion, and performing specific functional tests like the biceps curl or speed test.

Describe the typical symptoms and causes of a rotator cuff tear.

The typical symptoms of a rotator cuff tear include shoulder pain, weakness in the arm, difficulty lifting objects, and a limited range of motion. Causes can include repetitive overhead motions, age-related degeneration, or acute injuries such as falls.

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

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

Which muscles are part of the rotator cuff?

- A. Supraspinatus ✓**
- B. Infraspinatus ✓**
- C. Teres Minor ✓**

D. Deltoid

Which muscles are innervated by the median nerve?

- A. Flexor carpi radialis ✓
- B. Flexor carpi ulnaris
- C. Pronator teres ✓
- D. Extensor carpi radialis

How does the innervation of the forearm muscles affect their function and potential injury outcomes?

The innervation of the forearm muscles affects their function by determining which muscles can contract and how effectively they can perform tasks, while potential injuries can arise from nerve damage leading to muscle atrophy or dysfunction.

What is the main function of the Pectoralis Major muscle?

- A. Arm abduction
- B. Arm adduction and medial rotation ✓
- C. Elbow extension
- D. Forearm supination

Which muscle is NOT part of the rotator cuff?

- A. Supraspinatus
- B. Infraspinatus
- C. Teres Major ✓
- D. Subscapularis

Which muscle is primarily responsible for elbow extension?

- A. Biceps Brachii
- B. Triceps Brachii ✓
- C. Brachialis
- D. Supinator

Discuss the differences in function between the flexor and extensor compartments of the forearm.

The flexor compartment contains muscles such as the flexor carpi radialis and flexor digitorum superficialis, which are responsible for flexor movements, whereas the extensor compartment includes muscles like the extensor carpi radialis and extensor digitorum, which enable extension movements.

Which muscle is involved in the protraction of the scapula?

- A. Trapezius
- B. Serratus Anterior ✓**
- C. Latissimus Dorsi
- D. Rhomboid Major

Which of the following are symptoms of carpal tunnel syndrome?

- A. Numbness in the thumb and index finger ✓**
- B. Weak grip strength ✓**
- C. Pain in the shoulder
- D. Tingling in the palm ✓**

Which nerve innervates the Biceps Brachii muscle?

- A. Radial nerve
- B. Ulnar nerve
- C. Musculocutaneous nerve ✓**
- D. Median nerve

Which muscles are primarily responsible for elbow extension?

- A. Triceps Brachii ✓**
- B. Brachialis
- C. Anconeus ✓**
- D. Biceps Brachii