

Upper Extremity Muscles Quiz PDF

Upper Extremity Muscles Quiz PDF

Disclaimer: *The upper extremity muscles quiz 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.*

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

What is the primary action of the Brachialis muscle?

- Supination of the forearm
- Flex ion of the elbow
- Extension of the elbow
- Abduction of the shoulder

Which artery supplies blood to the Triceps Brachii?

- Brach ial artery
- Rad ial artery
- Profunda brachii artery
- Ulnar artery

Which muscles are involved in forearm supination?

- Biceps Brachii
- Supinator
- Pronator Teres
- Brachialis

What is the primary action of the Deltoid muscle?

- Arm adduction
- Arm abduction
- Elbow flex ion
- Forearm pronation

What are the functions of the Trapezius muscle?

- Elevation of the shoulder
- Retraction of the scapula
- Depression of the shoulder
- Flex ion of the elbow

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

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

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

Which muscles are part of the rotator cuff?

- Supraspinatus
- Infraspinatus
- Teres Minor
- Deltoid

Which muscles are innervated by the median nerve?

- Flexor carpi radialis
- Flexor carpi ulnaris
- Pronator teres
- Extensor carpi radialis

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

What is the main function of the Pectoralis Major muscle?

- Arm abduction
- Arm adduction and medial rotation
- Elbow extension
- Forearm supination

Which muscle is NOT part of the rotator cuff?

- Supraspinatus
- Infraspinatus
- Teres Major
- Subscapularis

Which muscle is primarily responsible for elbow extension?

- Biceps Brachii
- Triceps Brachii
- Brachialis
- Supinator

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

Which muscle is involved in the protraction of the scapula?

- Trapezius
- Serratus Anterior
- Latissimus Dorsi
- Rhomboid Major

Which of the following are symptoms of carpal tunnel syndrome?

- Numbness in the thumb and index finger
- Weak grip strength
- Pain in the shoulder
- Tingling in the palm

Which nerve innervates the Biceps Brachii muscle?

- Radial nerve
- Ulnar nerve
- Musculocutaneous nerve

Median nerve

Which muscles are primarily responsible for elbow extension?

- Triceps Brachii
- Brachialis
- Anconeus
- Biceps Brachii