

Upper Extremity Muscles Quiz Questions and Answers 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?

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

The Brachialis muscle primarily functions to flex the elbow joint, making it a key muscle in arm movements such as lifting and pulling. It is located beneath the Biceps Brachii and is particularly effective in flexation regardless of the position of the forearm.

Which artery supplies blood to the Triceps Brachii?

- Brach ial artery
- Rad ial artery
- Profunda brachii artery ✓

- Ulnar artery

The Triceps Brachii is primarily supplied by the profunda brachii artery, also known as the deep brachii artery. This artery branches off from the brachial artery and provides the necessary blood flow to the muscle.

Which muscles are involved in forearm supination?

- Biceps Brachii ✓
- Supinator ✓
- Pronator Teres
- Brachialis

The primary muscles involved in forearm supination are the biceps brachii and the supinator muscle. These muscles work together to rotate the forearm so that the palm faces upward or forward.

What is the primary action of the Deltoid muscle?

- Arm adduction
- Arm abduction ✓
- Elbow flexion
- Forearm pronation

The Deltoid muscle is primarily responsible for shoulder abduction, allowing the arm to be lifted away from the body. It also assists in flexion and extension of the shoulder joint.

What are the functions of the Trapezius muscle?

- Elevation of the shoulder ✓
- Retraction of the scapula ✓
- Depression of the shoulder ✓
- Flexion of the elbow

The trapezius muscle is responsible for moving, rotating, and stabilizing the shoulder blade, as well as extending the neck and supporting the head.

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?

- Supraspinatus** ✓
- Infraspinatus** ✓
- Teres Minor** ✓
- Deltoid

The rotator cuff is composed of four key muscles that stabilize the shoulder joint: the supraspinatus, infraspinatus, teres minor, and subscapularis.

Which muscles are innervated by the median nerve?

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

The median nerve innervates several muscles in the forearm and hand, primarily those involved in flexor and pronator functions. Key muscles include the flexor carpi radialis, palmaris longus, flexor digitorum superficialis, and the thenar muscles of the hand.

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?

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

The Pectoralis Major muscle primarily functions to adduct and medially rotate the arm at the shoulder joint. It also plays a role in flexion of the arm when the arm is extended.

Which muscle is NOT part of the rotator cuff?

- Supraspinatus
- Infraspinatus
- Teres Major ✓**
- Subscapularis

The rotator cuff is comprised of four muscles: supraspinatus, infraspinatus, teres minor, and subscapularis. Any muscle outside of these four, such as the deltoid, is not part of the rotator cuff.

Which muscle is primarily responsible for elbow extension?

- Biceps Brachii
- Triceps Brachii ✓**
- Brachialis
- Supinator

The triceps brachii is the primary muscle responsible for extending the elbow joint. It plays a crucial role in movements that require straightening of the arm.

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?

- Trapezius

- Serratus Anterior ✓**
- Latissimus Dorsi
- Rhomboid Major

The muscle primarily involved in the protraction of the scapula is the serratus anterior. This muscle plays a crucial role in moving the scapula forward and around the rib cage during arm movements.

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 ✓**

Carpal tunnel syndrome is characterized by symptoms such as numbness, tingling, and weakness in the hand and fingers, particularly in the thumb, index, and middle fingers.

Which nerve innervates the Biceps Brachii muscle?

- Radial nerve
- Ulnar nerve
- Musculocutaneous nerve ✓**
- Median nerve

The Biceps Brachii muscle is primarily innervated by the musculocutaneous nerve, which is responsible for its motor function and sensation in the forearm.

Which muscles are primarily responsible for elbow extension?

- Triceps Brachii ✓**
- Brachialis
- Anconeus ✓**
- Biceps Brachii

The primary muscles responsible for elbow extension are the triceps brachii and the anconeus. These muscles work together to straighten the arm at the elbow joint.