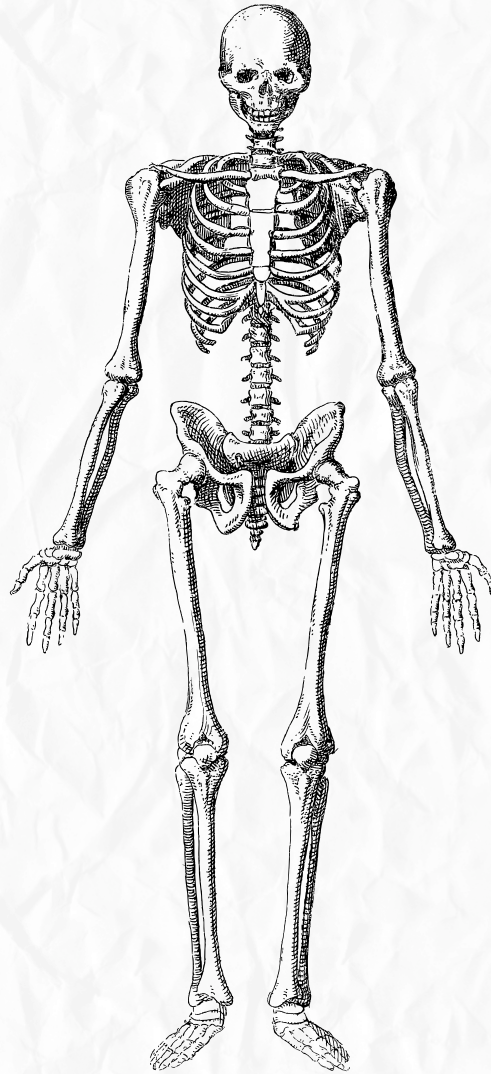


Anatomy

Quiz time



Upper limb muscle

Done by: Lana Rasheed

Which specific joint in the upper limb is categorized as condylar, where a convex surface articulates with a concave one

- A. Elbow joint
- B. Glenohumeral joint
- C. Wrist joint

Ans: C

The supraspinatus is unique among the rotator cuff muscles because its primary action is not rotation. What is its main function

- A. Abduction of the humerus
- B. Adduction of the humerus
- C. Medial rotation
- D. Flexion of the elbow

Ans: A

Which structure provides a protective pathway for the radial nerve and the deep brachial artery along the posterior surface of the humerus

- A. Radial groove
- B. Coracoid process
- C. Glenoid cavity
- D. Deltoid tuberosity

Ans: A

In the anterior compartment of the forearm, most muscles are innervated by the median nerve. Which muscle is a notable exception, being supplied by the ulnar nerve

- A. Pronator teres
- B. Palmaris longus
- C. Flexor carpi ulnaris
- D. Flexor carpi radialis

Ans: C

The 'Golden Rule of Muscle Mechanics' suggests that to understand a muscle's action, one must primarily identify which of the following

- A. The specific artery supplying the blood
- B. The total volume of the muscle fibers
- C. Which joints the muscle crosses
- D. The type of deep fascia surrounding it

Ans: C

3 The rotator cuff muscles

3SITS, blend their tendons with which structure to provide shoulder stability

- A. Glenohumeral joint capsule
- B. Interosseous membrane
- C. Brachial fascia
- D. Acromion process

Ans: A

Which muscle group is located deep between the metacarpals and contains both dorsal and palmar varieties

- A. Lumbrical muscles
- B. Interosseous muscles
- C. Hypothenar muscles
- D. Thenar muscles

Ans: B

What is the primary mechanical function of the posterior compartment of the arm, occupied primarily by the triceps brachii

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

Ans: C

According to the material, why is flexion of the forearm typically stronger than extension

- A. Flexors contain more slow-twitch fibers than extensors
- B. The humerus is thicker at the proximal end
- C. The medial epicondyle is more prominent than the lateral epicondyle
- D. The radial nerve provides more power than the median nerve

Ans: C

The BBC mnemonic refers to which muscles of the anterior arm compartment

- A.Brachialis, Biceps brachii, Brachioradialis
- B.Biceps brachii, Brachioradialis, Coracobrachialis
- C.Biceps brachii, Brachialis, Coracobrachialis
- D.Basilic vein, Brachial artery, Coracoid process

Ans:C

Which nerve travels through the anterior compartment of the arm as a 'highway' but does not innervate the muscles there, instead continuing to the forearm

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

Ans:B

The deep group of the anterior forearm includes a muscle with a 'quadratus' shape. What is its function

- A.Supinating the forearm
- B.Assisting in pronation
- C.Extending the wrist
- D.Flexing the thumb

Ans:B

Which joint allows the thumb to have more movement than the other fingers

- A.Carpometacarpal joint of the thumb
- B.Intercarpal joint
- C.Metacarpophalangeal joint
- D.Distal radio-ulnar joint

Ans:A

What is the primary vascular supply for the muscles of the posterior compartment of the arm

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

Ans:D

The intrinsic muscles of the hand are categorized into five compartments.
Which compartment contains the muscles acting on the little finger (digit 5)

- A.Thenar compartment
- B.Adductor compartment
- C.Central compartment
- D.Hypothenar compartment

Ans:D

Which muscle of the posterior forearm is specifically responsible for extending the little finger more than the others

- A.Extensor digitorum
- B.Extensor digiti minimi
- C.Extensor indicis
- D.Extensor carpi ulnaris

Ans:B

The muscles in the posterior compartment of the forearm generally share a common origin point. What is it

- A.Medial epicondyle of the humerus
- B.Lateral epicondyle of the humerus
- C.Coracoid process of the scapula
- D.Infraspinous fossa

Ans:B

Which muscle in the deep group of the anterior forearm is responsible for flexing the distal joints of the fingers, and has its medial part supplied by the ulnar nerve

- A. Flexor digitorum superficialis
- B. Flexor pollicis longus
- C. Palmaris longus
- D. Flexor digitorum profundus

Ans: D

What functional movements are associated with the 'ventromedial' compartment of the forearm

- A. Extension and supination
- B. Opposition and adduction
- C. Flexion and pronation
- D. Abduction and rotation

Ans: C

Which term is used to describe the starting point or the fixed attachment of a muscle

- A. Insertion
- B. Origin
- C. Septa
- D. Fossa

Ans: B

The biceps brachii is called 'biceps' because it has two heads. Where does the short head originate

- A. Supraglenoid tubercle
- B. Infraglenoid tubercle
- C. Radial tuberosity
- D. Coracoid process

Ans: D

Intercarpal joints are described as gliding joints. In which directions can these joints move

- A. Opposition and circumduction
- B. Flexion and extension only
- C. Rotation only
- D. Up/down, left/right, and diagonally

Ans: D

Which muscle is the only member of the rotator cuff located on the anterior surface of the scapula

- A.Subscapularis
- B.Infraspinatus
- C.Teres minor
- D.Supraspinatus

Ans.A

What is the primary nerve supply to the posterior compartment of the forearm

- A.Median nerve
- B.Musculocutaneous nerve
- C.Deep branch of the radial nerve
- D.Ulnar nerve

Ans.C

In the hand, the lumbrical muscles are located in which compartment

- A.Adductor compartment
- B.Thenar compartment
- C.Interosseous compartment
- D.Central compartment

Ans.D

The elbow joint is specifically referred to as what type of synovial joint

- A.Hinge joint
- B.Saddle joint
- C.Pivot joint
- D.Gliding joint

Ans.A

Which of the following describes the relationship between the triceps brachii's three heads

- A.They are innervated by three different nerves
- B.They have different origins but a common insertion
- C.They are separated by the interosseous membrane
- D.They all originate from the coracoid process

Ans.B

Which superficial muscle of the posterior forearm gives the most 'shape' to the arm and originates from the brachium

- A. Anconeus
- B. Extensor carpi radialis longus
- C. Extensor digitorum
- D. Brachioradialis

Ans: D



لله شائب علم دوره، ولزم تغره، واحترم وقته، وضبط قلبه، وقرأ وردّه، وبرّ أهله، وأنجز مهمته،
وأتم ما عليه.