

## Exam 3

1. identify muscle transverse plane action, change (reverse) at increased angle, of hip flexion

↳ piriformis

2. The tibio femoral joint is considered a

↳ modified hinge

3. crosses posterior to the medial-lateral axis of tibio femoral and posterior

↳ gastrocnemius

4. \_\_\_\_\_ considered agonist of screw-home unloading

↳ popliteus

5. wishes to train (strengthen) flexor

↳ "Towel scrunches" flexing the toes to draw a towel

6. requires an assistive device called Ankle foot orthosis

↳ tibialis anterior, extensor hallucis, fibularis

7. intrinsic foot with proximal attach to calcaneus

↳ quadratus plantaris

8. mechanism of benefit of proximal and distal tibio femoral joints  
↳ they provide for dissipation or attenuation of twisting or bending in the lower leg

9. concentric of vastus medialis, eccentric vastus med. results in tibi-fem

1) Extensor 2) flexor

10) \_\_\_\_\_ 3) talus & calcaneus

↳ subtalar

11) In-weight bearing (standing) which subtalar & transverse tarsal joint closely associated with production of medial longitudinal arch height  
↳ pronation

12. Provide primary restraint to anterior movement of tibia  
↳ Anterior cruciate ligament (ACL)

13. collateral ligament  
↳ deltoid

14. Contract to produce talocrural dorsiflexion of great toe  
↳ Extensor hallucis longus

15. best description of  
↳ flexor digitorum longus is ex mus cross DIP  
flexor digitorum brevis is insti thru not cross DIP

16. Extrinsic muscle support medial longitudinal arch  
↳ three of above

17. A  
A  
B  
D

18. contact MTP adduct: except  
↳ dorsal interossei

19. All contract to create talocrural dorsiflexion except  
↳ Fibularis brevis

20. Knee flexion except

↳ Adductor longus

21. Contract concentric to Knee extension except

↳ Tibialis anterior

22. directly support medial longitudinal arch

↳ Spring ligament (plantar calcaneonavicular ligament)

★ 23. Abdominal prevent undesirable anterior pelvic

↳ ↳ true synergists

24. Contract acetabular external rotator. except

↳ tensor fascia

25. The pull of an adductor of acetabulofemoral joints anterior to posterior axis

↳ medial <sup>abdu</sup> ↳ lateral

26. 3 muscle have distal attach

↳ sartorius, semitendinosus, gracilis

27. Cross acet. p & ap

↳

28. subtalar inversion & couple pronation except ?

↳ Flexor digitorum longus

29. acetab. has

↳ 3 degree

30 primary + Valgus Knee forces/stress

↳ medial collateral ligament

عینہ قبل 31. Action of medial hamstring

↳ all of abduct

32. "hip hike" of right

↳ g. medius, g. maximus, g. min, tensor

عینہ قبل ☆ 33. proximal actn of popliteus muscle

↳ posterior-lateral aspect of the distal femur & lateral meniscus

34. agonist "unlocking"

↳ popliteus

35. requires pelvis-on-femur actn & flexion

↳ forward bend at waist to retrieve a golf ball

عینہ قبل 36.

↳ talocrural; mortise

37. talocrural best stretch the soleus muscle/tendon

↳ full dorsiflexion

38. cupping open-kntrl chnls subtalar supination

↳ adduction & plantar flexion

39. Pronation

↳ abdu

سوچو 40

↳ Red toe



41. his lower leg slammed into dash board of his vehicle  
1st injured  
↳ posterior cruciate ligament  
tibia relative to femur

42. proximal - to distal

↳ acetab, tibio femoral, talocr, subtalar

43. stair-climbing

↳ iliacus, psoas major & minor, tensor

44. function of knee muscle

↳ all of above

سوچو 45 anterior pelvic tilt

↳ An or short arch flexion

سوچو 46

↳ Navicular



47. all of deep gluteal muscle

↳ external rotation