

# Muscles of the Back and Arm

**Which muscle is part of the superficial layer of the back?**

- A) Splenius capitis
- B) Trapezius
- C) Serratus posterior superior
- D) Multifidus
- E) Rotatores

Answer: B) Trapezius

**What is the function of the serratus posterior superior muscle?**

- A) Depresses the ribs during expiration
- B) Elevates the ribs during inspiration
- C) Extends the vertebral column
- D) Rotates the neck
- E) Flexes the trunk

Answer: B) Elevates the ribs during inspiration

**The erector spinae muscle group includes which of the following?**

- A) Splenius capitis, splenius cervicis, semispinalis
- B) Trapezius, latissimus dorsi, rhomboids
- C) Iliocostalis, longissimus, spinalis
- D) Rotatores, multifidus, semispinalis
- E) Levator scapulae, rhomboid major, rhomboid minor

Answer: C) Iliocostalis, longissimus, spinalis

**Which nerve supplies the levator scapulae muscle?**

- A) Axillary nerve

- B) Dorsal scapular nerve
- C) Thoracodorsal nerve
- D) Long thoracic nerve
- E) Suprascapular nerve

Answer: B) Dorsal scapular nerve

**The transversospinalis muscle group is primarily responsible for:**

- A) Shoulder abduction
- B) Neck flexion
- C) Trunk extension and rotation
- D) Rib elevation
- E) Scapular retraction

Answer: C) Trunk extension and rotation

**Which muscle originates from the transverse processes of C7-T11?**

- A) Multifidus
- B) Levator costarum
- C) Serratus posterior inferior
- D) Rotatores
- E) Semispinalis

Answer: B) Levator costarum

**The rhomboid major muscle inserts onto:**

- A) Medial border of scapula
- B) Lateral border of scapula
- C) Clavicle
- D) Greater tubercle of humerus
- E) Acromion

Answer: A) Medial border of scapula

**Which muscle has two heads originating from the supraglenoid tubercle and coracoid process?**

- A) Brachialis
- B) Coracobrachialis
- C) Triceps brachii
- D) Biceps brachii
- E) Deltoid

Answer: D) Biceps brachii

**The main function of the brachialis muscle is:**

- A) Supination of the forearm
- B) Flexion of the forearm
- C) Extension of the arm
- D) Adduction of the shoulder
- E) Rotation of the scapula

Answer: B) Flexion of the forearm

**Which muscle is innervated by both the musculocutaneous and radial nerves?**

- A) Triceps brachii
- B) Brachialis
- C) Coracobrachialis
- D) Deltoid
- E) Teres major

Answer: B) Brachialis

**The insertion of the triceps brachii muscle is:**

- A) Radial tuberosity
- B) Ulnar tuberosity
- C) Olecranon process
- D) Coracoid process
- E) Greater tubercle of humerus

Answer: C) Olecranon process

**The primary function of the long head of the biceps brachii is:**

- A) Shoulder adduction
- B) Shoulder flexion and stabilization
- C) Elbow extension
- D) Scapular elevation
- E) Shoulder abduction

Answer: B) Shoulder flexion and stabilization

**The radial nerve supplies which of the following muscles?**

- A) Biceps brachii
- B) Coracobrachialis
- C) Brachialis
- D) Triceps brachii
- E) Deltoid

Answer: D) Triceps brachii

**Which muscle is NOT part of the anterior compartment of the arm?**

- A) Biceps brachii
- B) Coracobrachialis
- C) Brachialis
- D) Triceps brachii

E) None of the above

Answer: D) Triceps brachii

**The musculocutaneous nerve originates from which part of the brachial plexus?**

A) Lateral cord

B) Medial cord

C) Posterior cord

D) Upper trunk

E) Lower trunk

Answer: A) Lateral cord