

1. List 3 muscles supplied by median nerve in the forearm.

.pronator teres .FCR .palmaris longus .FDS

2. Mention nerve supply and action of flexor carpi ulnaris.

Nerve Supply: Ulnar nerve

Action:

1. Flexion of the forearm (elbow joint)
2. Flexion of the hand (wrist joint)
3. Ulnar deviation (adduction) of the hand (wrist joint)

3. Mention nerve supply and action of pronator teres.

Nerve Supply: Median nerve

Action:

1. Flexion of the forearm (elbow joint)
2. Pronation of the forearm (radioulnar joints)

4. List 3 muscles supplied by the radial nerve in the posterior forearm

Brachioradialis Anconeus EX carpi radialis longus

5. Mention nerve supply and action of supinator

Nerve Supply: Posterior interosseous nerve

Action

1. Supination of the forearm

6. Name 2 muscles extend the little finger

1. Ex Ditorum
2. Ex Digiti Minimi

7. Mention nerve supply & action of gluteus medius.

Nerve supply: superior gluteal nerve.

❖ Action:

- Abduction & Medial rotation of hip joint.
- Stabilize the pelvis during walking (prevent tilting of pelvis to opposite side).

8. List 4 structures pass below piriformis.

- Inferior gluteal nerve & vessels .
- sciatic nerve .
- Nerve to quadratus femoris
- Posterior cutaneous nerve of the thigh .
- Nerve to obturator internus .
- Internal pudendal vessels .
- Pudendal nerve .

9. Name nerve supply of hamstrings.

(. Semitendinosus . Semimembranosus . Biceps femoris .)

All are supplied by tibial division of sciatic nerve except short head of biceps supplied by common peroneal (fibular) nerve

10. Name action of tensor fascia lata.

❖ Nerve supply: superior gluteal nerve.

❖ Action:

1. Extension of the knee joint. 2. Abduction and medial rotation of the hip joint.
3. Steadies the femur on the tibia during standing (help to maintain the erect posture).

11. Mention 4 structures in the adductor canal.

1. Femoral artery& Descending genicular artery
2. Femoral vein.
3. Saphenous nerve
4. Nerve to vastus medialis

12. List 4 muscles in the floor of femoral triangles

from lateral to medial:

- a. Iliacus muscle.
- b. Psoas major muscle.
- c. Pectineus muscle.
- d. Adductor longus muscle.

13. Enumerate 4 contents in the femoral triangle

1. Femoral artery and its branches.
2. Femoral vein and its tributaries.
3. Femoral nerve and its branches.
4. Femoral branch of genitofemoral nerve.
5. lymph, Loose areolar tissue and fat& sympathetic plexus.

14. Mention nerve supply and action of peroneus longus

Nerve supply: superficial peroneal (musculocutaneous) nerve

Action:

1. Plantar flexion (at ankle).
2. Eversion (at subtalar joint) of the foot.

15. Mention 4 muscles produce inversion of foot.

1. tibialis posterior
2. Extensor hallucis longus muscle:
3. Extensor digitorum longus muscle:
4. Tibialis anterior muscle:

16. Mention 3 muscles produce eversion of foot.

1. Peroneus tertius muscle:
2. Peroneus longus
3. Peroneus brevis

17. Name muscles produce locking &unlocking of knee joint

Locking: Biceps femoris

Unlocking: Popliteus mainly & assisted by semitendinosus, semimembranosus & gracilis.

18. Mention attachment and functions of anterior cruciate ligament

Attachment

1. Tibia : Anterior intercondylar area
2. Femur : Lateral condyle (medial surface)

Function

1. Prevents sliding of the femoral condyles backward.
2. Becomes tense during extension.
3. Prevents hyperextension.

19. List functions of posterior cruciate ligament

1. Prevents sliding of the femoral condyles forward.
2. Becomes tense during flexion.

20. List capsular ligaments of the hip joint.

Capsular ligaments: (3)

- ✓ Iliofemoral ligament.
- ✓ Pubofemoral ligament.
- ✓ Ischiofemoral ligament

BEST WISHES

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