

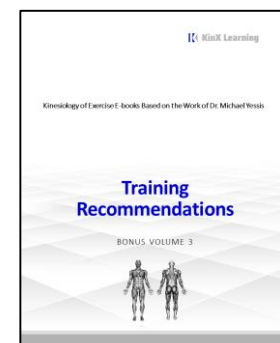
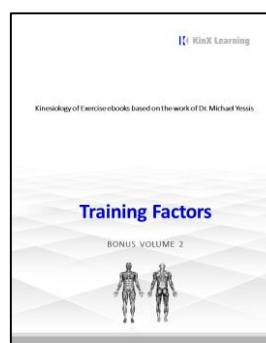
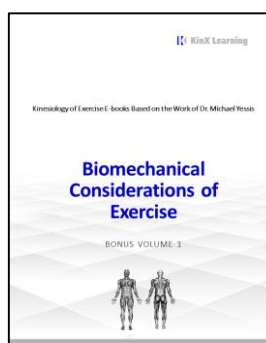
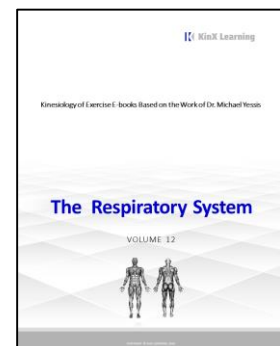
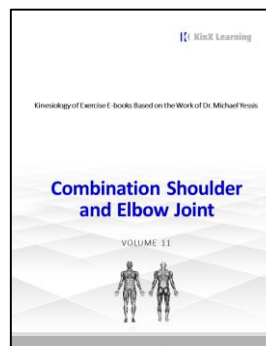
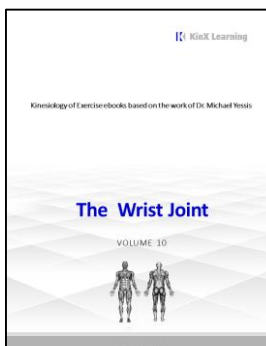
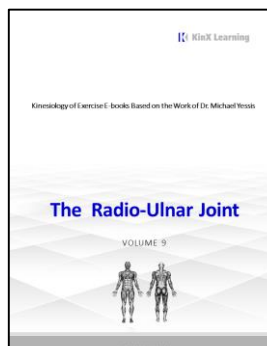
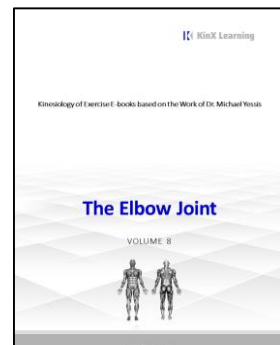
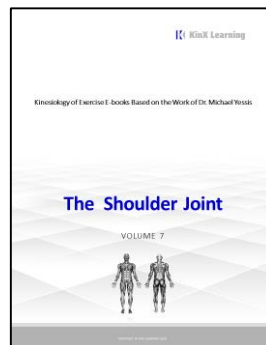
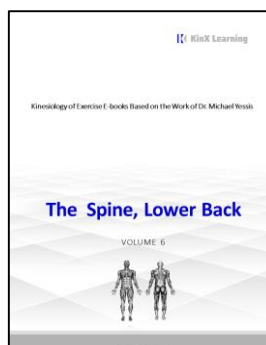
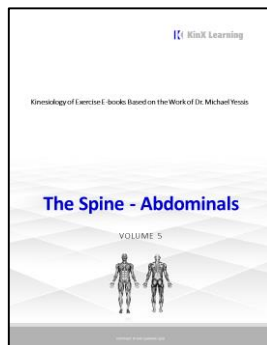
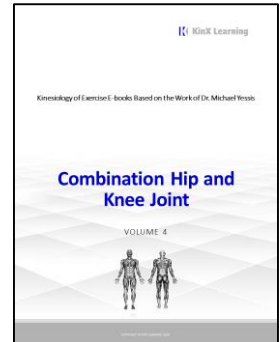
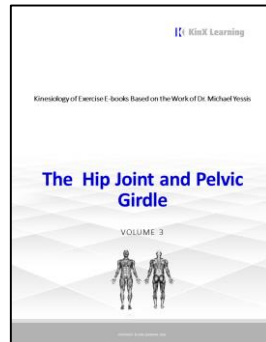
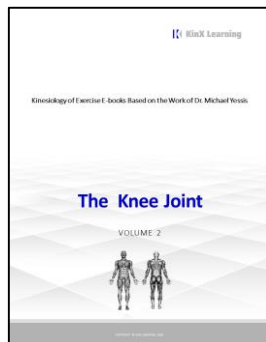
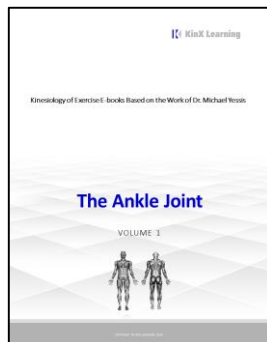
## QUIZ

### Kinesiology of Exercise EBook Volume 10 – The Wrist Joint

1. The wrist joint has how many possible actions?
  - A. 2
  - B. 4
  - C. 8
  - D. 12
  
2. Moving the back side of the hand towards the posterior surface of the forearm.
  - A. Extension
  - B. Flexion
  - C. Abduction
  - D. Adduction
  
3. Moving the palm side of the hand towards the forearm.
  - A. Extension
  - B. Flexion
  - C. Abduction
  - D. Adduction
  
4. Moving the thumb side of the hand away from the body when the arm is in the anatomical position, that is, when the palm faces forward.
  - A. Extension
  - B. Flexion
  - C. Abduction
  - D. Adduction
  
5. Moving the little finger side of the hand towards the body when the arm is in the anatomical position, that is, when the palm faces forward.
  - A. Extension
  - B. Flexion
  - C. Abduction
  - D. Adduction
  
6. This wrist action is also called radial flexion.
  - A. Extension
  - B. Flexion
  - C. Abduction
  - D. Adduction
  
7. This wrist action is also called ulna flexion.
  - A. Extension
  - B. Flexion
  - C. Abduction
  - D. Adduction
  
8. Which muscles are involved in the wrist curl?
  - A. The flexor carpi radialis and the extensor carpi radialis longus and brevis
  - B. The flexor carpi ulnaris and the extensor carpi ulnaris
  - C. The extensor carpi radialis longus and brevis and the extensor carpi ulnaris
  - D. The flexor carpi ulnaris and the flexor carpi radialis
  
9. Which muscles are involved in wrist extension?
  - A. The flexor carpi radialis and the extensor carpi radialis longus and brevis
  - B. The flexor carpi ulnaris and the extensor carpi ulnaris
  - C. The extensor carpi radialis longus and brevis and the extensor carpi ulnaris
  - D. The flexor carpi ulnaris and the flexor carpi radialis
  
10. Which muscles are involved in ulna flexion?
  - A. The flexor carpi radialis and the extensor carpi radialis longus and brevis
  - B. The flexor carpi ulnaris and the extensor carpi ulnaris
  - C. The extensor carpi radialis longus and brevis and the extensor carpi ulnaris
  - D. The flexor carpi ulnaris and the flexor carpi radialis

**Answers: 1.B 2.A 3.B 4.C 5.D 6.B 7.D 8.D 9.C 10.B**

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