

QUIZ

Kinesiology of Exercise EBook Volume 13 – The Fingers and Hand

1. The fingers and hand make up a very complex anatomical structure that includes which of the following?
 - A. 4 bones and 8 joints
 - B. 8 bones and 8 joints
 - C. 12 bones and 12 joints
 - D. 24 bones and over 20 joints

2. The strongest muscles that affect the hand are located where?
 - A. Fingers
 - B. Hand
 - C. Wrist
 - D. Forearm

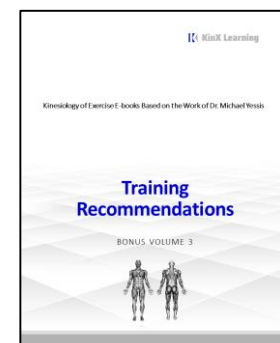
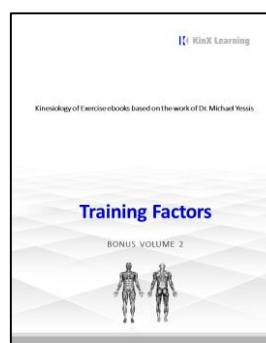
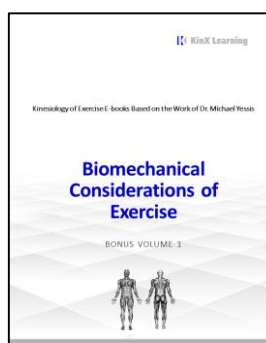
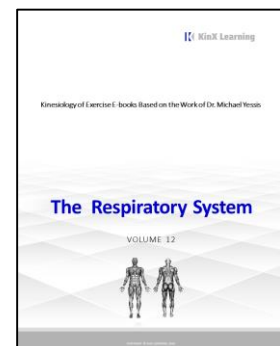
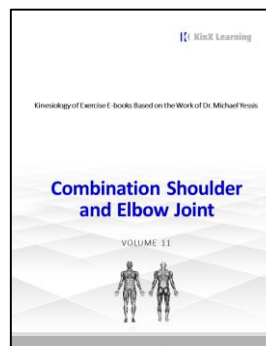
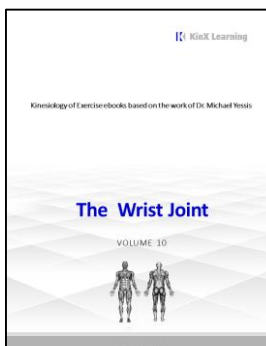
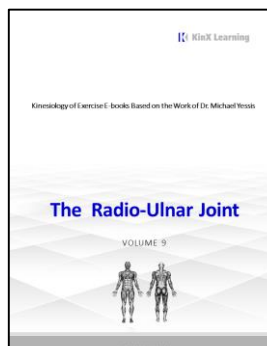
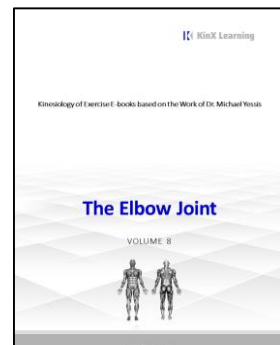
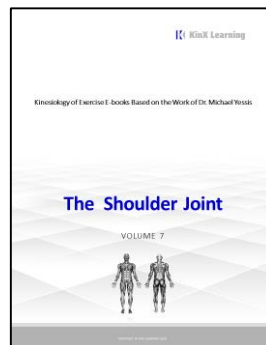
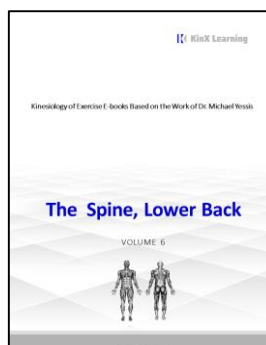
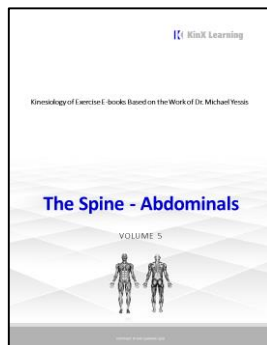
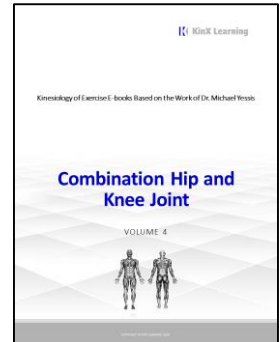
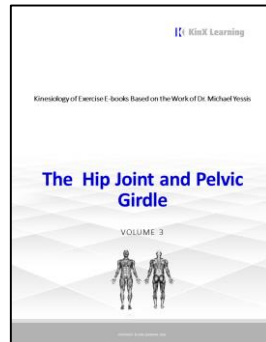
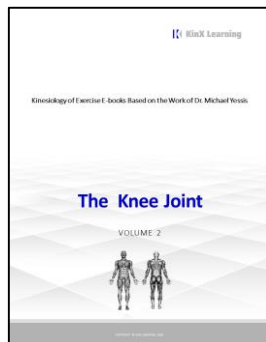
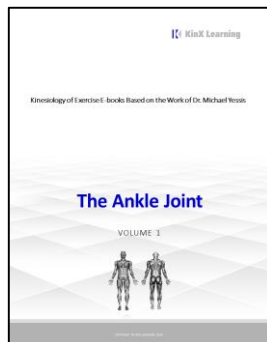
3. The basic movements of the fingers include which of the following?
 - A. Flexion, extension, adduction, and abduction
 - B. Flexion and extension only
 - C. Adduction and abduction only
 - D. Flexion and adduction only

4. What are the two major muscles located in the forearm that flex the fingers?
 - A. Pronator quadratus and pronator teres
 - B. Flexor digitorum superficialis and the flexor digitorum profundus
 - C. Brachialis and brachioradialis
 - D. Flexor carpi radialis and flexor carpi ulnaris

5. Which forearm muscle is involved in flexion of the thumb?
 - A. Pronator quadratus
 - B. Pronator teres
 - C. Flexor pollicis longus
 - D. Flexor carpi radialis

Answers: 1. D 2. D 3. A 4. B 5. C

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