Kinesiology of Exercise Quizzes

Based on the Work of Dr. Michael Yessis



Volume 10 – The Wrist Joint

KinX Learning

Kinesiology of Exercise Quizzes by KinX Learning

Published by KinX Learning

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1. The wrist joint has how many possible actions?

A. 2		
B. 4		
C. 8		
D. 12		
	ANSWER	

2. Moving the back side of the hand towards the posterior surface of the forearm.

			•
A . W	rist	Exter	ารเดท

B. Wrist Flexion

C. Wrist Abduction

D. Wrist Adduction

3. Moving the palm side of the hand towards the forearm.

- A. Wrist Extension
- B. Wrist Flexion
- C. Wrist Abduction
- D. Wrist 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.

Α.	Wrist	Extension

B. Wrist Flexion

C. Wrist Abduction

D. Wrist 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?

ANSWER
D. Wrist Adduction
C. Wrist Abduction
B. Wrist Flexion
A. Wrist Extension

6. This wrist action is also called radial flexion.

- A. Wrist Extension
- B. Wrist Flexion
- C. Wrist Abduction
- D. Wrist Adduction

7. This wrist action is also called ulna flexion.

- A. Wrist Extension
- B. Wrist Flexion
- C. Wrist Abduction
- D. Wrist 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

All movements (except rotation) can occur in the wrist joint. This includes adduction (also known as ulna flexion) in which the little finger side of the hand moves toward the body when the arm is in the anatomical position, that is, when the palm faces forward and the hand is alongside the body.

The opposite of adduction is abduction, also known as radial flexion, in which the thumb side of the hand moves away from the body when the arm is in the anatomical position. In this the thumb side of the hand moves toward the forearm while the hand remains in line with the forearm.

The wrist can also undergo flexion, in which the palm side of the hand moves toward the forearm. The opposite movement is extension-hyperextension, in which the back of the hand moves toward the posterior surface of the forearm.

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The wrist can also undergo flexion, in which the palm side of the hand moves toward the forearm. The opposite movement is extension-hyperextension, in which the back of the hand moves toward the posterior surface of the forearm.

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A

Wrist Extension

The wrist can also undergo flexion, in which the palm side of the hand moves toward the forearm. The opposite movement is extension-hyperextension, in which the back of the hand moves toward the posterior surface of the forearm.

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B

Wrist Flexion

Wrist actions include adduction (also known as ulna flexion) in which the little finger side of the hand moves toward the body when the arm is in the anatomical position, that is, when the palm faces forward and the hand is alongside the body.

The opposite of adduction is abduction, also known as radial flexion, in which the thumb side of the hand moves away from the body when the arm is in the anatomical position.

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C

Wrist Abduction

Wrist actions include adduction (also known as ulna flexion) in which the little finger side of the hand moves toward the body when the arm is in the anatomical position, that is, when the palm faces forward and the hand is alongside the body.

The opposite of adduction is abduction, also known as radial flexion, in which the thumb side of the hand moves away from the body when the arm is in the anatomical position.

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D

Wrist Adduction

Wrist actions include adduction (also known as ulna flexion) in which the little finger side of the hand moves toward the body when the arm is in the anatomical position, that is, when the palm faces forward and the hand is alongside the body.

The opposite of adduction is abduction, also known as radial flexion, in which the thumb side of the hand moves away from the body when the arm is in the anatomical position.

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C

Wrist Abduction

Wrist actions include adduction (also known as ulna flexion) in which the little finger side of the hand moves toward the body when the arm is in the anatomical position, that is, when the palm faces forward and the hand is alongside the body.

The opposite of adduction is abduction, also known as radial flexion, in which the thumb side of the hand moves away from the body when the arm is in the anatomical position.

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Wrist Adduction

Six principal muscles act on the wrist joint.

Flexor carpi radialis - flexion and abduction (radial flexion)

Palmaris longus - flexion

Flexor carpi ulnaris - flexion and adduction (ulna flexion)

Extensor carpi radialis longus - extension and abduction (radial flexion)

Extensor carpi radialis brevis - extension and abduction (radial flexion)

Extensor carpi ulnaris - extension and adduction (ulna flexion)

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D

The flexor carpi ulnaris and the flexor carpi radialis

Six principal muscles act on the wrist joint.

Flexor carpi radialis - flexion and abduction (radial flexion)

Palmaris longus - flexion

Flexor carpi ulnaris - flexion and adduction (ulna flexion)

Extensor carpi radialis longus - extension and abduction (radial flexion)

Extensor carpi radialis brevis - extension and abduction (radial flexion)

Extensor carpi ulnaris - extension and adduction (ulna flexion)

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C

The extensor carpi radialis longus and brevis and the extensor carpi ulnaris

Six principal muscles act on the wrist joint.

Flexor carpi radialis - flexion and abduction (radial flexion)

Palmaris longus - flexion

Flexor carpi ulnaris - flexion and adduction (ulna flexion)

Extensor carpi radialis longus - extension and abduction (radial flexion)

Extensor carpi radialis brevis - extension and abduction (radial flexion)

Extensor carpi ulnaris - extension and adduction (ulna flexion)

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The flexor carpi ulnaris and the extensor carpi ulnaris

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Volume 1 – The Ankle Joint
Volume 2 – The Knee Joint
Volume 3 – The Hip Joint and Pelvic Girdle
Volume 4 - Combination Hip and Knee Joint
Volume 5 - The Spine, Abdominals
Volume 6 - The Spine, Lower Back
Volume 7 - The Shoulder Joint
Volume 8 - The Elbow Joint
Volume 9 - The Radio-Ulnar Joint
Volume 10 - The Wrist Joint
Volume 11 - Combination Shoulder and Elbow Joint
Volume 12 - The Respiratory System
Volume 13 - The Fingers and Hand

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