Kinesiology of Exercise Quizzes

Based on the Work of Dr. Michael Yessis



Volume 9 - The Radio-Ulnar Joint

KinX Learning

Kinesiology of Exercise Quizzes by KinX Learning

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- 1. The radio-ulnar joint is a combination of how many joints?
 - A. 3: The proximal (elbow), middle, and distal (wrist) radio-ulnar joints.
 - B. 2: The proximal (elbow), and distal (wrist) radio-ulnar joints.
 - C. 2: The proximal (elbow), and middle (wrist) radio-ulnar joints.
 - D. 2: The middle and distal (wrist) radioulnar joints.

2. The radio-ulnar joint has how many possible actions?

A. 1		
B. 2		
C. 3		
D. 4		
	ANSWER	

3. Rotating the forearm so that the hand is turned palm down.

- A. Supination
- **B.** Pronation
- C. Flexion
- D. Extension

4. Rotating the forearm so that the hand is turned palm up.

- A. Supination
- **B.** Pronation
- C. Wrist Flexion
- D. Wrist Extension

- 5. Which muscles are involved in supination?
 - A. Supinator and triceps
 - B. Supinator and biceps
 - C. Supinator and forearm flexors
 - D. Supinator and forearm extensors

6. Which muscles are involved in pronation?

- A. The supinator and biceps
- B. The flexor carpi ulnaris and the flexor carpi radialis
- C. The extensor carpi radialis longus and brevis and the extensor carpi ulnaris
- D. The pronator teres and the pronator quadratus

7. In which exercises do you not see supination or pronation?

- A. Supination with the strength bar
- B. Pronation with the strength bar
- C. Power wrist roller
- D. Wrist curl

8. The supinator muscle is situated beneath which muscle?

A. Brachialis

B. Brachioradialis

C. Biceps Brachii

D. Triceps

9. At the wrists, when the forearm is in pronation, the radius bone crosses over this bone?

A. Scapula

B. Humerus

C. Ulna

D. Carpal

10. Which muscle is found on the outer surface of the forearm and creates the rounded contour from the elbow to the thumb?

A. Brachialis
B. Brachioradialis
C. Biceps Brachii
D. Triceps
ANSWER

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

The radio-ulnar joint is a combination of three joints: the proximal (elbow), middle, and distal (wrist) radio-ulnar joints. The proximal radio-ulnar joint is a pivot joint between the head of the radius and the radial notch of the ulna. The middle radio-ulnar joint is a slightly movable ligamentous joint. The forearm bones are connected by a ligamentous sheath, the interosseous membrane. This membrane prevents undue separation of the two bones, and it acts to transmit and cushion the longitudinal forces of weight bearing.

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A

3: The proximal (elbow), middle, and distal (wrist) radioulnar joints.

Only two actions are possible in the radio-ulnar joint: supination and pronation. In supination the forearm is rotated so that the hand is turned palm up. In pronation the forearm is rotated so that the hand is turned palm down.

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B

2

Only two actions are possible in the radio-ulnar joint: supination and pronation. In supination the forearm is rotated so that the hand is turned palm up. In pronation the forearm is rotated so that the hand is turned palm down.

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A

Supination

Only two actions are possible in the radio-ulnar joint: supination and pronation. In supination the forearm is rotated so that the hand is turned palm up. In pronation the forearm is rotated so that the hand is turned palm down.

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B

Pronation

In supination, the supinator muscle acts alone in slow or fast movements. The biceps brachii comes into play when supination occurs against resistance or when supination is done quickly with the elbow flexed.

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B

Supinator and biceps

The pronator teres and the pronator quadratus muscles are involved in pronation. The pronator teres is a small muscle that lies across the elbow in front and is partially covered by the brachioradialis. The pronator quadratus is composed of a square sheet of parallel fibers lying deep on the front of the forearm near the wrist.

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D

The pronator teres and the pronator quadratus

In the wrist curl, there is wrist joint flexion. In this action the palm side of the hand moves toward the forearm.

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D

Wrist curl

In supination, the supinator muscle acts alone in slow or fast movements. The biceps brachii comes into play when supination occurs against resistance or when supination is done quickly with the elbow flexed. The supinator muscle is situated under the brachioradialis.

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B

Brachioradiali<u>s</u>

At the wrists, when the forearm is in pronation, the radius crosses over the ulna so that it is then on the inner side of the ulna. When the forearm is in supination the radius is on the lateral side of the ulna.

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C

Ulna

The brachioradialis is found on the outer surface of the forearm and creates the rounded contour from the elbow to the thumb.

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B

Brachioradialis

Kinesiology of Exercise eBooks

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
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