

BACK MUSCLES – ORIGIN, INSERTION, ACTION & INNERVATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. Origin of Splenius cervicis?

- A. Spinous processes T3-T6
- B. Spinous processes T11-L2
- C. Nuchal ligament
- D. Transverse processes C1-C3

2. The semispinalis cervicis inserts on the spinous processes of which vertebrae?

- A. Spinous processes of T1-T4
- B. Spinous processes of C2-C5 (4-6 levels above origin)
- C. Transverse processes of C1-C3
- D. Base of the skull

3. Insertion of Splenius cervicis.

- A. Mastoid process
- B. Inferior borders of ribs 8-12
- C. Transverse processes of C1-C3 (or C4)
- D. Spinous processes C7-T4

4. The splenius cervicis originates from spinous processes of which vertebrae?

- A. Spinous processes of C7-T1
- B. Spinous processes of T3-T6
- C. Transverse processes of C1-C3
- D. Iliac crest

5. Which muscle inserts into the intertubercular (bicipital) groove of the humerus?

- A. Trapezius
- B. Latissimus dorsi.
- C. Rhomboid major
- D. Teres minor

- 6. Serratus posterior superior is innervated by which nerves?**
- A. Intercostal nerves 2-4 and ventral rami spinal nerves
 - B. Dorsal scapular nerve
 - C. Long thoracic nerve
 - D. Subscapular nerve
- 7. The latissimus dorsi is innervated by which nerve (C6-C8)?**
- A. Dorsal scapular nerve (C5)
 - B. Lateral pectoral nerve (C5-C7)
 - C. Long thoracic nerve (C5-C7)
 - D. Thoracodorsal nerve (C6-C8)
- 8. What is the general action of the erector spinae group?**
- A. Flexes the vertebral column
 - B. Rotates the spine to the opposite side
 - C. Bilaterally extends the vertebral column; maintains posture; laterally flexes
 - D. Depresses the ribs
- 9. Origin of rhomboid minor?**
- A. Transverse processes C1-C4
 - B. Medial border of scapula
 - C. Spinous processes C7-T1
 - D. Spinous processes T2-T5
- 10. Origin of Splenius capitis.**
- A. Spinous processes T3-T6
 - B. Spinous processes T11-L2
 - C. Nuchal ligament and spinous processes C7-T4
 - D. Transverse processes of C1-C3

Answers

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

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Explanations

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1. Origin of Splenius cervicis?

- A. Spinous processes T3-T6**
- B. Spinous processes T11-L2
- C. Nuchal ligament
- D. Transverse processes C1-C3

Splenius cervicis begins along the spinous processes of the upper mid-back and climbs upward to reach the transverse processes of the upper neck. The proximal attachment, which is what the question asks for, is from the spinous processes of T3 through T6. This places it clearly away from the nuchal ligament (which contributes to the origin of splenius capitis, not cervicis) and away from the transverse processes of C1-C3 (which are the insertion, not the origin). The other option listing T11-L2 would involve muscles farther down the back, not splenius cervicis. So the correct origin is the spinous processes of T3–T6.

2. The semispinalis cervicis inserts on the spinous processes of which vertebrae?

- A. Spinous processes of T1-T4
- B. Spinous processes of C2-C5 (4-6 levels above origin)**
- C. Transverse processes of C1-C3
- D. Base of the skull

The key idea here is where semispinalis cervicis attaches along the spine. This muscle travels upward from the transverse processes of upper thoracic vertebrae and inserts on the spinous processes of the cervical vertebrae, typically about four to six segments higher than where it originates. So inserting on the spinous processes of C2 through C5 fits the usual pattern—it's four to six levels above its origin in the thorax. The other options don't match this path: attaching to thoracic spinous processes would place the insertion too far down; attaching to transverse processes would be incorrect because the cervicis inserts on spinous processes, not transverse processes; and attaching to the base of the skull would involve a different muscle group (semispinalis capitis) rather than cervicis.

3. Insertion of Splenius cervicis.

- A. Mastoid process
- B. Inferior borders of ribs 8-12
- C. Transverse processes of C1-C3 (or C4)**
- D. Spinous processes C7-T4

Splenius cervicis inserts on the transverse processes of the upper cervical vertebrae, typically C1–C3 (sometimes C4). This placement fits the muscle's course, pulling on those upper cervical segments to extend the neck when both sides contract and to rotate/tilt the head toward the same side when acting unilaterally. The mastoid process is associated with splenius capitis, not cervicis; the inferior borders of ribs relate to nearby thoracic muscles, not this one; and inserting on spinous processes C7–T4 would place it in a different region with a different action.

4. The splenius cervicis originates from spinous processes of which vertebrae?

- A. Spinous processes of C7-T1
- B. Spinous processes of T3-T6**
- C. Transverse processes of C1-C3
- D. Iliac crest

Splenius cervicis has its origin in the spinous processes of the middle to lower thoracic spine, specifically T3 through T6. From there, it fibers upward to attach to the transverse processes of the upper cervical vertebrae (C1–C3). This placement lets the muscle extend and rotate the neck when both sides act together, or bend and rotate it to the same side when it contracts on one side. Other options don't fit because: - Spinous processes of C7–T1 would place the origin higher than where splenius cervicis starts. - Transverse processes of C1–C3 describe the insertion, not the origin. - Iliac crest is unrelated to this muscle (it's a landmark for other muscles like latissimus dorsi). So, the origin is the spinous processes of T3 through T6.

5. Which muscle inserts into the intertubercular (bicipital) groove of the humerus?

- A. Trapezius
- B. Latissimus dorsi.**
- C. Rhomboid major
- D. Teres minor

Muscle attachments to the humeral intertubercular groove are key to how the arm moves. The floor of this groove is the insertion site for the latissimus dorsi, which anchors there to pull the arm into extension, adduction, and internal rotation. The long head of the biceps brachii runs through the groove, but its tendon is not the insertion in this context. The other muscles listed attach elsewhere: trapezius and rhomboid major insert on the scapula or skull/vertebrae, and teres minor attaches to the greater tubercle region rather than the groove itself. So, the latissimus dorsi is the muscle that inserts into the intertubercular groove of the humerus.

6. Serratus posterior superior is innervated by which nerves?

- A. Intercostal nerves 2-4 and ventral rami spinal nerves**
- B. Dorsal scapular nerve
- C. Long thoracic nerve
- D. Subscapular nerve

The muscle is supplied by the ventral rami of the upper thoracic spinal nerves via the intercostal nerves. In practical terms, the nerves that travel in the intercostal spaces around levels two to four provide the motor input to serratus posterior superior, which fits its location on the upper back and its role in elevating the upper ribs during inspiration. The other nerves listed don't innervate this muscle: the dorsal scapular nerve serves rhomboids and levator scapulae; the long thoracic nerve innervates serratus anterior; and the subscapular nerves innervate subscapularis (and teres major).

7. The latissimus dorsi is innervated by which nerve (C6-C8)?

- A. Dorsal scapular nerve (C5)
- B. Lateral pectoral nerve (C5-C7)
- C. Long thoracic nerve (C5-C7)
- D. Thoracodorsal nerve (C6-C8)**

Innervation of the latissimus dorsi comes from the thoracodorsal nerve, a branch of the posterior cord of the brachial plexus that carries fibers from C6 to C8. This nerve specifically targets the latissimus dorsi, the muscle responsible for extending, adducting, and medially rotating the arm. The thoracodorsal nerve travels to the deep surface of the muscle, reflecting its direct role in powering those movements. The other nerves listed supply different muscles: the dorsal scapular nerve goes to the rhomboids and levator scapulae; the lateral pectoral nerve goes to the pectoralis major; and the long thoracic nerve goes to the serratus anterior. None of those nerves innervate the latissimus dorsi, so the thoracodorsal nerve with C6-C8 fibers is the correct choice.

8. What is the general action of the erector spinae group?

- A. Flexes the vertebral column
- B. Rotates the spine to the opposite side
- C. Bilaterally extends the vertebral column; maintains posture; laterally flexes**
- D. Depresses the ribs

The erector spinae group acts as the spine's primary extensors and stabilizers. When both sides contract, they lengthen along the spine to extend the vertebral column, bringing you from a flexed posture toward upright and helping maintain that neutral or lordotic alignment against gravity. This extension power is what keeps you erect during daily activities and supports movements like returning from a forward bend. When the contraction is more pronounced on one side, the group causes the spine to bend laterally toward that same side, contributing to side-to-side stability and posture. Some minor rotational effects can occur with unilateral activity as well, but lateral flexion and extension are the main actions. This is why the choice describing bilateral extension, posture maintenance, and lateral flexion best matches the general action of the erector spinae. It isn't primarily responsible for flexing the spine, depressing the ribs, or rotating the spine to the opposite side in a primary sense.

9. Origin of rhomboid minor?

- A. Transverse processes C1-C4
- B. Medial border of scapula
- C. Spinous processes C7-T1**
- D. Spinous processes T2-T5

Rhomboid minor originates from the spinous processes of the lower cervical and upper thoracic vertebrae, specifically C7 and T1 (often with the adjacent ligamentum nuchae). From there it inserts on the medial border of the scapula, above the spine. That exact origin fits the correct choice because it points to the vertebral level pair C7-T1. Transverse processes of C1-C4 belong to muscles like the levator scapulae, not the rhomboid minor. The medial border of the scapula is where the rhomboids insert, not where they start. The spinous processes of T2-T5 are the origin for the rhomboid major, not the minor.

10. Origin of Splenius capitis.

- A. Spinous processes T3-T6
- B. Spinous processes T11-L2
- C. Nuchal ligament and spinous processes C7-T4**
- D. Transverse processes of C1-C3

Splenius capitis starts from the nuchal ligament and the spinous processes of the lower cervical to upper thoracic spine, typically C7 through T4. From there, its fibers run upward and outward to attach to the mastoid process and the lateral part of the occipital bone, allowing the head to extend and rotate to the same side. This origin is what enables its action on the head. The other options point to different regions or different attachments: the spinous processes of T3–T6 are the origin for the splenius cervicis, not capitis; the transverse processes of C1–C3 are associated with the splenius cervicis insertion; and spinous processes of T11–L2 are far down the spine and not involved with the neck muscles. So the described origin—nuchal ligament and spinous processes C7–T4—matches splenius capitis.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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