

EXTREMITIES EXAM 1 – MUSCLES PRACTICE (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. Which statement about the coracobrachialis insertion is true?**
 - A. Medial surface of humerus (just above midpoint)
 - B. Radial tuberosity
 - C. Coronoid process of ulna
 - D. Greater tubercle of humerus
- 2. The insertion of the triceps brachii is which of the following?**
 - A. Intertubercular groove
 - B. Olecranon process of ulna
 - C. Greater tubercle of humerus
 - D. Radial tuberosity
- 3. Which nerve innervates the rhomboid major?**
 - A. Dorsal scapular nerve
 - B. Suprascapular nerve
 - C. Axillary nerve
 - D. Long thoracic nerve
- 4. Deltoid anterior action?**
 - A. Adducts arm
 - B. Extends and laterally rotates arm
 - C. Flexes and medially rotates arm
 - D. Abducts arm after first 15°
- 5. Where does the teres minor originate?**
 - A. Medial border of scapula
 - B. Inferior angle of scapula
 - C. Lateral border of scapula (middle portion)
 - D. Anterior surface of scapula
- 6. Function of the plantar interossei and their nerve.**
 - A. Adduct digits toward midline; ulnar nerve
 - B. Abduct digits away from midline; tibial nerve
 - C. Flex metatarsophalangeal joints; deep peroneal nerve
 - D. Extend toes; radial nerve

7. Where does the biceps brachii insert?

- A. Coronoid Process
- B. Olecranon
- C. Pisiform
- D. Radial Tuberosity

8. Which structure serves as an insertion for the biceps brachii?

- A. Olecranon process of ulna
- B. Medial epicondyle of humerus
- C. Radial tuberosity
- D. Coronoid process of ulna

9. What is the primary inverter of the foot and its nerve?

- A. Tibialis anterior; deep peroneal nerve
- B. Flexor digitorum longus; tibial nerve
- C. Peroneus longus; superficial peroneal nerve
- D. Tibialis posterior; tibial nerve

10. Deltoid middle action?

- A. Abducts arm after first 15°
- B. Flexes arm
- C. Extends arm
- D. Adducts arm

Answers

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

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Explanations

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1. Which statement about the coracobrachialis insertion is true?

- A. Medial surface of humerus (just above midpoint)**
- B. Radial tuberosity
- C. Coronoid process of ulna
- D. Greater tubercle of humerus

The coracobrachialis inserts on the medial surface of the humerus, roughly near the midshaft. This placement lets the muscle flex and adduct the arm at the shoulder by pulling the humerus inward and upward. The other options point to insertions of different muscles: radial tuberosity is where the biceps brachii inserts; the coronoid process of the ulna is where brachialis attaches; and the greater tubercle of the humerus is the attachment site for several rotator cuff muscles. So the medial surface of the humerus is the correct insertion.

2. The insertion of the triceps brachii is which of the following?

- A. Intertubercular groove
- B. Olecranon process of ulna**
- C. Greater tubercle of humerus
- D. Radial tuberosity

The key idea is where the muscle attaches to bone and how that supports its action. The triceps brachii inserts at the olecranon process of the ulna, which is the bony prominence at the tip of the elbow. When the triceps contracts, it pulls on the olecranon to extend the elbow, straightening the forearm. Why this site fits best: the olecranon serves as the leverage point for elbow extension, making it the natural insertion for an elbow extensor like the triceps. The other sites correspond to different muscles or actions (for example, the intertubercular groove is a humeral groove associated with the biceps and other muscles, the greater tubercle is a rotator cuff/fixed shoulder region, and the radial tuberosity is the insertion for the biceps on the radius).

3. Which nerve innervates the rhomboid major?

- A. Dorsal scapular nerve**
- B. Suprascapular nerve
- C. Axillary nerve
- D. Long thoracic nerve

Innervation of the rhomboid major comes from the dorsal scapular nerve, a branch of the C5 nerve root. This nerve travels to the deep surface of the rhomboid muscles and provides motor input that enables retraction and downward rotation of the scapula. The dorsal scapular nerve specifically targets the rhomboids (major and minor), which is why it's the correct choice. The other nerves have different targets: the suprascapular nerve goes to the supraspinatus and infraspinatus, the axillary nerve to the deltoid and teres minor, and the long thoracic nerve to the serratus anterior.

4. Deltoid anterior action?

- A. Adducts arm
- B. Extends and laterally rotates arm
- C. Flexes and medially rotates arm**
- D. Abducts arm after first 15°

The anterior part of the deltoid is oriented to move the arm forward and rotate it inward. Its fibers originate from the lateral clavicle and insert on the deltoid tuberosity, so their main action is shoulder flexion and medial (internal) rotation, with some help in horizontal adduction. The middle fibers do the primary abduction once the arm has cleared the initial range (the first ~15 degrees of abduction is driven by the supraspinatus). The posterior fibers extend the arm and rotate it laterally. So describing the anterior deltoid as flexing and medially rotating the arm accurately captures its main function.

5. Where does the teres minor originate?

- A. Medial border of scapula
- B. Inferior angle of scapula
- C. Lateral border of scapula (middle portion)**
- D. Anterior surface of scapula

The key idea is where a rotator cuff muscle attaches to the scapula and how that position shapes its action. Teres minor originates from the lateral border of the scapula, specifically the middle portion, on the posterior side, and it inserts into the greater tubercle of the humerus. That placement gives it a pull that assists external rotation of the shoulder and helps stabilize the humeral head in the glenoid, working alongside the infraspinatus. The other locations don't fit because the medial border is the inner edge of the scapula (not where teres minor attaches), the inferior angle is the origin for teres major, and the anterior surface is where subscapularis originates.

6. Function of the plantar interossei and their nerve.

- A. Adduct digits toward midline; ulnar nerve**
- B. Abduct digits away from midline; tibial nerve
- C. Flex metatarsophalangeal joints; deep peroneal nerve
- D. Extend toes; radial nerve

Plantar interossei move the toes toward the midline of the foot, meaning they adduct the digits toward the second toe. Their action helps with flexion at the metatarsophalangeal joints and assists with extension at the interphalangeal joints as the toes move. The nerve supply is the lateral plantar nerve, a branch of the tibial nerve. This is the foot's analog to the hand's interossei being innervated by the ulnar nerve, but in the foot the same muscle group is innervated by the lateral plantar nerve. The opposing movement—abduction away from the midline—is done by the dorsal interossei, which share the same innervation.

7. Where does the biceps brachii insert?

- A. Coronoid Process
- B. Olecranon
- C. Pisiform
- D. Radial Tuberosity**

The biceps brachii inserts on the radial tuberosity. Its tendon attaches to the proximal radius, and a broad expansion (the bicipital aponeurosis) extends to the forearm fascia. This placement lets the muscle act as a powerful elbow flexor and, when it contracts, to rotate the forearm (supination) as the radius turns about its axis. Other sites listed correspond to different structures: the coronoid process is a site associated with the brachialis, the olecranon with the triceps, and the pisiform is a carpal bone where some wrist flexors attach. None of these are the insertion point for the biceps brachii.

8. Which structure serves as an insertion for the biceps brachii?

- A. Olecranon process of ulna
- B. Medial epicondyle of humerus
- C. Radial tuberosity**
- D. Coronoid process of ulna

Biceps brachii inserts distally on the radial tuberosity. The tendon from the two heads converges to attach at this rough area on the radius, with additional attachment via the bicipital aponeurosis to the forearm fascia. This insertion lets the muscle flex the elbow and, when the forearm is supinated, contribute to forearm rotation. The other structures correspond to different muscles or actions: the olecranon process is the insertion for the triceps brachii; the medial epicondyle is a common origin for many forearm flexors; the coronoid process is an insertion for brachialis. Therefore, the radial tuberosity is the correct insertion for the biceps brachii.

9. What is the primary inverter of the foot and its nerve?

- A. Tibialis anterior; deep peroneal nerve
- B. Flexor digitorum longus; tibial nerve
- C. Peroneus longus; superficial peroneal nerve
- D. Tibialis posterior; tibial nerve**

Inversion of the foot is dominated by the tibialis posterior. Its location and insertions on the navicular and other midfoot bones let it pull the sole medially and support the medial arch, especially during standing and push-off. The nerve supplying this muscle is the tibial nerve, which runs down the posterior leg and through the tarsal tunnel to reach the intrinsic foot muscles. While other muscles like tibialis anterior and flexor digitorum longus can contribute to inversion, they are not the primary invertors, and they have different nerve supplies (tibialis anterior via the deep peroneal nerve; flexor digitorum longus via the tibial nerve). Peroneus longus everts the foot and is innervated by the superficial peroneal nerve. Therefore, the primary inverter of the foot and its nerve are tibialis posterior and the tibial nerve.

10. Deltoid middle action?

A. Abducts arm after first 15°

B. Flexes arm

C. Extends arm

D. Adducts arm

The middle portion of the deltoid is the primary mover for lifting the arm away from the body once the movement has passed the initial phase. The first 15 degrees of arm abduction are driven by the supraspinatus; after that, the middle deltoid fibers take over to abduct the arm through roughly 15 to 90 degrees. The anterior deltoid mainly flexes and medially rotates the arm, while the posterior deltoid extends and laterally rotates it. Adduction isn't a main action of the deltoid. So, the statement describing the middle deltoid as abducting the arm after the initial 15 degrees best fits its established role.

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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:

<https://extremities1muscles.examzify.com>

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

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