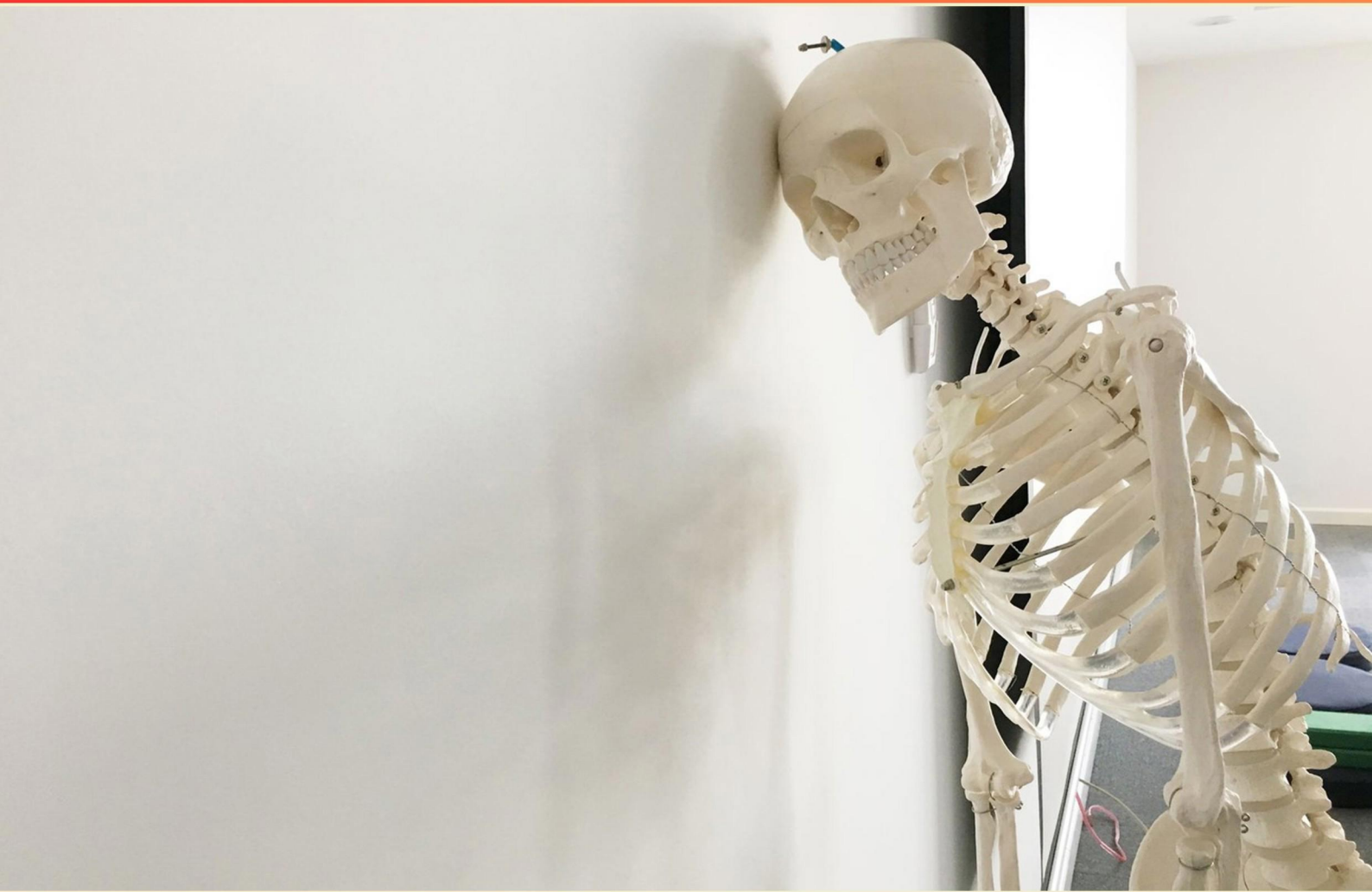


GROSS ANATOMY BLOCK 2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. Lumbricals contribute to which combination of movements at the metacarpophalangeal and interphalangeal joints?**
 - A. Flexion at the MCP joints and extension at the IP joints
 - B. Flexion at the MCP joints and flexion at the IP joints
 - C. Extension at the MCP joints and extension at the IP joints
 - D. Extension at the MCP joints and flexion at the IP joints
- 2. The innervation of the biceps brachii is which nerve?**
 - A. Radial nerve
 - B. Musculocutaneous nerve
 - C. Median nerve
 - D. Ulnar nerve
- 3. Which muscle is part of the hypothenar group?**
 - A. Abductor digiti minimi
 - B. Abductor pollicis brevis
 - C. Opponens pollicis
 - D. First dorsal interosseous
- 4. What is the action of the medial part of the flexor digitorum profundus?**
 - A. Flexes digits 2-3 at DIP
 - B. Flexes digits 4-5 at DIP
 - C. Flexes digits 2-3 at PIP
 - D. Extends digits 4-5 at DIP
- 5. Which muscle is in the posterior compartment deep layer and functions to supinate the forearm?**
 - A. Supinator
 - B. Extensor indicis
 - C. Abductor pollicis longus
 - D. Extensor pollicis brevis

- 6. Which muscle forms the inferior boundary of the quadrangular space?**
- A. Teres minor
 - B. Infraspinatus
 - C. Subscapularis
 - D. Teres major
- 7. Which nerve passes through the triangular interval?**
- A. Axillary nerve
 - B. Median nerve
 - C. Musculocutaneous nerve
 - D. Radial nerve
- 8. Which nerve innervates pronator quadratus?**
- A. Median nerve
 - B. Ulnar nerve
 - C. Anterior interosseous branch of median nerve
 - D. Radial nerve
- 9. Lateral two lumbricals are innervated by which nerve?**
- A. Ulnar nerve
 - B. Median nerve
 - C. Radial nerve
 - D. Axillary nerve
- 10. Which nerve innervates Abductor Pollicis Longus and Extensor Pollicis Brevis?**
- A. Median Nerve
 - B. Radial Nerve
 - C. Posterior Interosseous Nerve
 - D. Ulnar Nerve

Answers

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

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Explanations

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1. Lumbricals contribute to which combination of movements at the metacarpophalangeal and interphalangeal joints?

- A. Flexion at the MCP joints and extension at the IP joints**
- B. Flexion at the MCP joints and flexion at the IP joints
- C. Extension at the MCP joints and extension at the IP joints
- D. Extension at the MCP joints and flexion at the IP joints

Lumbricals adjust finger posture by acting on the extensor mechanism to coordinate motion at the metacarpophalangeal and interphalangeal joints. They originate from the tendon of the flexor digitorum profundus and insert into the dorsal extensor expansions of the digits. When they contract, they pull on that extensor expansion toward the palm, which causes flexion at the MCP joints while, via the extensor mechanism, they produce extension at the IP joints. This combination—MCP flexion with IP extension—allows the finger to maintain a balanced, functional grip. If a choice suggested extension at the MCP joints or flexion at the IP joints, it would not reflect the lumbricals' typical pull on the extensor mechanism.

2. The innervation of the biceps brachii is which nerve?

- A. Radial nerve
- B. Musculocutaneous nerve**
- C. Median nerve
- D. Ulnar nerve

The main concept is identifying the nerve that supplies the biceps brachii. The biceps brachii is innervated by the musculocutaneous nerve, which arises from the lateral cord of the brachial plexus and carries fibers from C5 to C7. This nerve pierces the coracobrachialis and then travels between the biceps and brachialis, giving motor branches to the biceps. This innervation fits with the muscle's role in elbow flexion and forearm supination. The other nerves have different primary targets: the radial nerve mainly supplies the posterior arm/forearm extensor muscles; the median nerve supplies most of the forearm flexors and some hand muscles; the ulnar nerve supplies the medial forearm flexors and many intrinsic hand muscles.

3. Which muscle is part of the hypothenar group?

- A. Abductor digiti minimi**
- B. Abductor pollicis brevis
- C. Opponens pollicis
- D. First dorsal interosseous

The hypothenar muscles are the group on the little-finger side of the palm. Abductor digiti minimi is one of these, and it mainly functions to abduct the little finger at the metacarpophalangeal joint, helping move it away from the other fingers. The other two muscles listed belong to a different group: abductor pollicis brevis and opponens pollicis are part of the thenar eminence that controls the thumb, and the first dorsal interosseous is a muscle between the metacarpals (not in the hypothenar group). Innervation for the hypothenar muscles is via the deep branch of the ulnar nerve, which aligns with their motor role in fine little-finger movements.

4. What is the action of the medial part of the flexor digitorum profundus?

- A. Flexes digits 2-3 at DIP
- B. Flexes digits 4-5 at DIP**
- C. Flexes digits 2-3 at PIP
- D. Extends digits 4-5 at DIP

The key idea is how the flexor digitorum profundus is organized and what joints its tendons act on. The profundus has two portions that go to the fingers: a lateral part to digits 2 and 3, and a medial part to digits 4 and 5. The medial portion is supplied by the ulnar nerve and its tendons insert on the distal phalanges of the ring and little fingers. Those tendons cross the distal interphalangeal joints, so when they contract they bend, or flex, the distal phalanges at those joints. That makes the action on digits 4 and 5 at the DIP joints the correct description. In contrast, flexion at the proximal interphalangeal joints is mainly a function of the flexor digitorum superficialis, and the lateral portion of the profundus would be responsible for digits 2 and 3 at the DIP. Extending the digits would be the action of antagonistic muscles, not the profundus.

5. Which muscle is in the posterior compartment deep layer and functions to supinate the forearm?

- A. Supinator**
- B. Extensor indicis
- C. Abductor pollicis longus
- D. Extensor pollicis brevis

Supination of the forearm is produced primarily by a muscle in the posterior compartment's deep layer. This muscle wraps around the proximal radius, pulling the radius to rotate around the ulna and turn the palm upward. It originates from the ulna and humeral region near the elbow and inserts on the lateral surface of the proximal radius. Its action is specifically to rotate the forearm, rather than extend fingers or move the thumb, making it the key muscle for supination. It is innervated by the deep branch of the radial nerve (posterior interosseous nerve). The other muscles listed mainly extend the fingers or the thumb and do not serve as primary supinators.

6. Which muscle forms the inferior boundary of the quadrangular space?

- A. Teres minor
- B. Infraspinatus
- C. Subscapularis
- D. Teres major**

The inferior boundary is formed by the inferior border of the teres major. The quadrangular space is defined by four borders: teres minor on top, teres major along the bottom, the long head of the triceps medially, and the surgical neck of the humerus laterally. The teres major runs from the inferior angle of the scapula to the medial lip of the intertubercular groove of the humerus, so its lower edge creates the bottom wall of this space. Through this space pass the axillary nerve and the posterior circumflex humeral artery, making the boundary arrangement clinically important.

7. Which nerve passes through the triangular interval?

- A. Axillary nerve
- B. Median nerve
- C. Musculocutaneous nerve
- D. Radial nerve**

The radial nerve is the one that passes through the triangular interval. This space is a passageway in the posterior arm bounded by teres major, and the long and lateral heads of the triceps. Within it, the radial nerve travels with the profunda brachii (deep brachial) artery as it moves from the arm toward the posterior aspect of the humerus and into the radial groove. Knowing this helps explain why injuries or fractures around the distal humerus or along the spiral groove can affect the radial nerve. The axillary nerve travels through the quadrangular space, the musculocutaneous nerve runs in the anterior compartment between the biceps and brachialis, and the median nerve does not pass through this interval.

8. Which nerve innervates pronator quadratus?

- A. Median nerve
- B. Ulnar nerve
- C. Anterior interosseous branch of median nerve**
- D. Radial nerve

The pronator quadratus gets its motor supply from the anterior interosseous nerve, a deep branch of the median nerve. This small square muscle in the distal forearm pronates the hand and helps stabilize the distal radioulnar joint, so it needs a branch that targets the deep flexor compartment. The anterior interosseous nerve arises from the median nerve in the forearm and travels along the interosseous membrane to innervate the deep-layer muscles, including pronator quadratus, flexor pollicis longus, and the lateral half of flexor digitorum profundus. The main median nerve trunk supplies many forearm flexors but not this muscle directly, and the radial and ulnar nerves do not innervate pronator quadratus.

9. Lateral two lumbricals are innervated by which nerve?

- A. Ulnar nerve
- B. Median nerve**
- C. Radial nerve
- D. Axillary nerve

Lateral two lumbricals are innervated by the median nerve. These two muscles arise from the tendons of flexor digitorum profundus and insert into the extensor expansions of the index and middle fingers, so their motor supply comes from the median nerve through its digital branches in the palm. In the hand, the general pattern is that the lateral lumbricals are median-nerve-innervated while the medial two are ulnar-nerve-innervated. The radial and axillary nerves do not supply these intrinsic hand muscles.

10. Which nerve innervates Abductor Pollicis Longus and Extensor Pollicis Brevis?

- A. Median Nerve
- B. Radial Nerve
- C. Posterior Interosseous Nerve**
- D. Ulnar Nerve

The motor supply for these thumb extensors comes from the posterior interosseous nerve, which is the continuation of the deep branch of the radial nerve after it passes through the supinator. This nerve innervates the extensor muscles of the forearm, including abductor pollicis longus and extensor pollicis brevis, which lie in the first extensor compartment and move the thumb. The other nerves don't target these muscles: the median nerve mainly flexors and some thenar function, the radial nerve proper supplies some proximal extensors like brachioradialis and ECRL, and the ulnar nerve innervates many intrinsic hand muscles. So, the thumb's extensor group is innervated by the posterior interosseous nerve.

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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:

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

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