

LUMBAR PLEXUS V2 PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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 nerve innervates the extensor digitorum longus?**
 - A. Deep fibular nerve
 - B. Tibial nerve
 - C. Common fibular nerve
 - D. Superficial fibular nerve
- 2. The obturator nerve has root levels typically at:**
 - A. L1–L2
 - B. L2–L3
 - C. L3–L4
 - D. L2–L4
- 3. Which nerve innervates the 1st lumbrical muscle? (Alternate phrasing)**
 - A. Tibial nerve
 - B. Medial plantar nerve
 - C. Lateral plantar nerve
 - D. Common fibular nerve
- 4. Which nerve innervates the piriformis?**
 - A. nerve to piriformis
 - B. superior gluteal nerve
 - C. inferior gluteal nerve
 - D. obturator nerve
- 5. Which nerve root levels form the lumbosacral trunk, and what is its significance?**
 - A. L2–L3; lumbar plexus only
 - B. L4–L5; connects to the sacral plexus and contributes to the sciatic nerve
 - C. L1–L2; innervates lumbar nerves
 - D. L5–S1; forms the pudendal nerve
- 6. In which layer is the adductor hallucis located?**
 - A. 3rd layer
 - B. 4th layer
 - C. 2nd layer
 - D. 1st layer

- 7. What nerve innervates the tibialis anterior?**
- A. Deep fibular nerve
 - B. Tibial nerve
 - C. Superficial fibular nerve
 - D. Common fibular nerve
- 8. Meralgia paresthetica is most commonly due to injury of which nerve?**
- A. Lateral femoral cutaneous nerve
 - B. Femoral nerve
 - C. Obturator nerve
 - D. Iliohypogastric nerve
- 9. What are the two branches of the genitofemoral nerve and their spinal levels?**
- A. Genital branch and pudendal branch; L2–L3
 - B. Genitofemoral trunk; L3–L4
 - C. Genital branch and femoral branch; L1–L2
 - D. Genital branch and ilioinguinal branch; L1–L2
- 10. Which nerve innervates plantar interossei (3 PAD)?**
- A. Lateral Plantar Nerve
 - B. Medial Plantar Nerve
 - C. Deep Fibular Nerve
 - D. Tibial Nerve

Answers

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

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Explanations

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1. Which nerve innervates the extensor digitorum longus?

- A. Deep fibular nerve**
- B. Tibial nerve
- C. Common fibular nerve
- D. Superficial fibular nerve

The deep fibular nerve is responsible for innervating the extensor digitorum longus. This muscle sits in the anterior compartment of the leg and extends the lateral toes, aided by dorsiflexion of the foot. The deep fibular nerve is the branch of the common fibular nerve that travels with the anterior compartment muscles, supplying their motor fibers, including extensor digitorum longus, extensor hallucis longus, and the tibialis anterior. It also provides sensation between the first and second toes. The other nerves don't fit because the tibial nerve supplies the posterior compartment and the plantar surface; the superficial fibular nerve innervates the lateral (fibularis) muscles and provides dorsum foot sensation except for the web space between the first two toes; the common fibular nerve gives off the deep branch that does the actual extensor work, but the direct innervation of the extensor digitorum longus is the deep fibular nerve.

2. The obturator nerve has root levels typically at:

- A. L1–L2
- B. L2–L3
- C. L3–L4
- D. L2–L4**

Root levels are typically L2 to L4. These ventral rami join in the lumbar plexus to form the obturator nerve, which travels through the pelvis and exits via the obturator canal to reach the medial thigh. It innervates the medial thigh muscles—adductors such as adductor longus, brevis, and magnus (adductor part), plus gracilis and obturator externus—and provides sensation to the medial thigh. This L2–L4 range explains both the motor power to adduct the thigh and the sensory area, whereas using only L2–L3 or L3–L4 would omit part of the required contributions, and L1–L2 would not include the full L2–L4 input.

3. Which nerve innervates the 1st lumbrical muscle? (Alternate phrasing)

- A. Tibial nerve
- B. Medial plantar nerve**
- C. Lateral plantar nerve
- D. Common fibular nerve

In the sole of the foot, the first lumbrical is supplied by the medial plantar nerve, a branch of the tibial nerve. This nerve specifically innervates several sole muscles, including abductor hallucis, flexor digitorum brevis, flexor hallucis brevis, and the first lumbrical. The other lumbricals (second through fourth) are innervated by the lateral plantar nerve. The tibial nerve is the parent nerve, but the precise motor supply for this muscle is the medial plantar nerve, while the common fibular nerve does not innervate intrinsic plantar muscles.

4. Which nerve innervates the piriformis?

- A. nerve to piriformis**
- B. superior gluteal nerve
- C. inferior gluteal nerve
- D. obturator nerve

The piriformis is supplied by a dedicated branch from the sacral plexus called the nerve to the piriformis. This nerve typically arises from ventral rami S1–S2 and travels directly to the deep surface of the piriformis to provide its motor innervation. That specific nerve is named for the muscle it innervates, which is why it's the best answer. The other nerves have different targets: the superior gluteal nerve goes to gluteus medius, gluteus minimus, and tensor fasciae latae; the inferior gluteal nerve goes to gluteus maximus; and the obturator nerve mainly supplies medial thigh muscles (adductors) and does not innervate the piriformis.

5. Which nerve root levels form the lumbosacral trunk, and what is its significance?

- A. L2–L3; lumbar plexus only
- B. L4–L5; connects to the sacral plexus and contributes to the sciatic nerve
- C. L1–L2; innervates lumbar nerves
- D. L5–S1; forms the pudendal nerve**

The lumbosacral trunk is formed by the ventral rami of L4 and L5, which then join with sacral plexus fibers to create a bridge between the lumbar and sacral networks. This trunk is significant because it contributes to the formation of the sacral plexus and, through that plexus, to nerves such as the sciatic nerve (which carries fibers from L4 to S3). The pudendal nerve, in contrast, arises from the sacral nerves S2–S4 and does not depend on the L4–L5 trunk. So the correct idea is that the trunk comes from L4–L5 and connects to the sacral plexus to contribute to the sciatic nerve, while pudendal nerve roots are S2–S4.

6. In which layer is the adductor hallucis located?

- A. 3rd layer**
- B. 4th layer
- C. 2nd layer
- D. 1st layer

The plantar aspect of the foot has four layers of intrinsic muscles, and the adductor hallucis sits in the third layer. In that layer you find muscles like the flexor hallucis brevis, the adductor hallucis (with its oblique and transverse heads), and the flexor digiti minimi brevis. The adductor hallucis helps adduct the big toe and supports the transverse arch of the foot. The first layer is where the abductor hallucis, flexor digitorum brevis, and abductor digiti minimi live; the second layer contains the quadratus plantae and the lumbricals; the fourth layer houses the interossei and the tendons that cross from the deep muscles. That placement is what makes the third layer the correct location for the adductor hallucis.

7. What nerve innervates the tibialis anterior?

- A. Deep fibular nerve**
- B. Tibial nerve
- C. Superficial fibular nerve
- D. Common fibular nerve

The tibialis anterior sits in the anterior compartment of the leg, and its job is to dorsiflex and invert the foot. The nerve that specifically supplies this muscle is the deep fibular (deep peroneal) nerve. It travels with the anterior tibial vessels in the front of the leg and provides motor input to the tibialis anterior (as well as other dorsiflexors in that compartment). The tibial nerve, by contrast, serves the posterior compartment and plantarflexors; the superficial fibular nerve supplies the lateral compartment (fibularis muscles) and general dorsum foot sensation, not tibialis anterior. The common fibular nerve is the larger upstream nerve that splits into the deep and superficial branches, but the direct innervation of tibialis anterior comes from the deep fibular nerve.

8. Meralgia paresthetica is most commonly due to injury of which nerve?

- A. Lateral femoral cutaneous nerve**
- B. Femoral nerve
- C. Obturator nerve
- D. Iliohypogastric nerve

Meralgia paresthetica arises when the lateral femoral cutaneous nerve is compressed as it passes under the inguinal ligament near the anterior superior iliac spine. This nerve provides sensation to the anterolateral (outer) thigh, so compression causes numbness, tingling, or burning in that region while motor function remains intact. The other nerves mentioned innervate different areas or have motor roles: the femoral nerve mainly handles the front thigh muscles and some sensory areas of the anterior thigh and leg; the obturator nerve supplies the medial thigh and hip adductors; the iliohypogastric nerve covers the suprapubic region. Therefore, the pattern of sensory disturbance in the outer thigh points to injury of the lateral femoral cutaneous nerve.

9. What are the two branches of the genitofemoral nerve and their spinal levels?

- A. Genital branch and pudendal branch; L2–L3
- B. Genitofemoral trunk; L3–L4
- C. Genital branch and femoral branch; L1–L2**
- D. Genital branch and ilioinguinal branch; L1–L2

The genitofemoral nerve comes from the L1 and L2 ventral rami and splits into two branches: the genital branch and the femoral branch. The genital branch runs with the spermatic cord through the inguinal canal to innervate the cremaster muscle and provide sensory input to the anterior scrotal skin (and, in females, parts of the mons pubis and labia). The femoral branch goes under the inguinal ligament to supply sensation to the skin of the upper anterior thigh. So, the two branches are genital and femoral, at levels L1–L2. The other options mix in nerves that aren't branches of the genitofemoral (like the pudendal nerve) or use incorrect branches or levels.

10. Which nerve innervates plantar interossei (3 PAD)?

A. Lateral Plantar Nerve

B. Medial Plantar Nerve

C. Deep Fibular Nerve

D. Tibial Nerve

Plant interossei are intrinsic sole muscles that adduct the toes toward the second toe and help with toe flexion at the metatarsophalangeal joints. They are innervated by the lateral plantar nerve, a branch of the tibial nerve that supplies most of the intrinsic plantar muscles, much like the ulnar nerve does for many hand interossei. The medial plantar nerve supplies the medial group of plantar muscles (such as abductor hallucis and flexor digitorum brevis) rather than the interossei. The deep fibular nerve mainly innervates dorsum muscles of the foot and the skin between the first and second toes, not the plantar interossei. While the tibial nerve gives rise to the plantar nerves, the specific motor supply to the plantar interossei is the lateral plantar 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.

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

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