MOVEMENT ANALYSIS PRACTICE TEST (SAMPLE)

STUDY GUIDE

SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

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

1. During terminal stance, the hip is typically positioned in what range?

A. 15° flexion

B. 25° flexion

C. 0°

D. 10-20° extension

2. Which combination is described as the hip external rotator group emphasized for gait?

A. Iliopsoas and rectus femoris

B. Tibialis anterior and EHL

C. Gluteus minimus and TFL only

D. Six short external rotators, posterior fibers of gluteus medius, and gluteus maximus

3. Fibularis longus and brevis are active from approximately what portion of the gait cycle?

A. 70-100% only

B. 0-5% only

C. 5% to just before toe off

D. Terminal swing only

4. Gluteus maximus remains active from heel contact to midstance to do what?

A. Produce knee flexion only

B. Elevate the swing-side pelvis

C. Support body weight and produce hip extension

D. Extend the toes during swing

5. During gait, the primary hip flexor is which muscle?

A. Gluteus maximus

B. Tibialis posterior

C. Iliopsoas

D. Soleus

6. During a typical stance phase, how many vertical GRF peaks are observed?

A. Two

B. One

C. Three

D. None

7. The external ankle dorsiflexion moment can be thought of as which problem if uncontrolled during midstance?

A. Foot slap

B. Jackknifing

C. Forward tibial collapse

D. Trendelenburg

8. Which group correctly lists the three demands of swing limb advancement?

A. Knee Locking, Hip Extension, Ankle Plantarflexion

B. Lifting of the Foot, Completion of Stride Length, Preparation for Next Stance Interval

C. Pelvic Drop, Pelvic Hike, Foot Slap

D. Shock Absorption, Limb Stability, Preservation of Progression

9. Two demands of single limb support include which of the following sets?

A. Lifting the Foot and Clearing the Toes

B. Supporting Body Weight in Sagittal/Coronal Planes and Continuing Progression

C. Preparing for Heel Contact and Completing Stride Length

D. Producing Double Limb Support and Toe Extension

10. Gluteus maximus begins activity during which phase?

A. Terminal swing

B. Mid-sstance

C. Mid-swing

D. Pre-swing only

Answers

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

Explanations

1. During terminal stance, the hip is typically positioned in what range?

A. 15° flexion

B. 25° flexion

C. 0°

D. 10-20° extension

During terminal stance the hip moves into extension to set up the powerful push-off. In adults, the hip angle at this phase is typically about 10 to 20 degrees of extension relative to neutral. This extended position positions the thigh behind the body's line of progression, optimizing propulsion through coordinated knee and ankle action for forward movement. The other options describe flexion or a neutral position, which are not characteristic of terminal stance, so the 10–20 degrees of hip extension best fits this phase.

2. Which combination is described as the hip external rotator group emphasized for gait?

A. Iliopsoas and rectus femoris

B. Tibialis anterior and EHL

C. Gluteus minimus and TFL only

D. Six short external rotators, posterior fibers of gluteus medius, and gluteus maximus

The key idea is identifying the hip muscles that actively provide external rotation and are emphasized for steady, propulsive gait. The deep external rotators of the hip—six short muscles (the piriformis, superior and inferior gemelli, obturator internus and externus, and quadratus femoris)—work together to externally rotate the femur and stabilize the hip joint during walking. The posterior fibers of the gluteus medius and the gluteus maximus also contribute external rotation, especially when the hip is extending or when stabilizing the pelvis through the gait cycle. This combination is the set most associated with controlling internal rotation tendencies that occur during stance and progression. That's why the described group includes the six short external rotators plus the posterior fibers of gluteus medius and gluteus maximus. The other options don't fit because they involve hip flexors (iliopsoas and rectus femoris), ankle/foot dorsiflexors (tibialis anterior and EHL), or muscles that mostly act as abductors/internal rotators (gluteus minimus and TFL) rather than the emphasized external rotator group for gait.

3. Fibularis longus and brevis are active from approximately what portion of the gait cycle?

A. 70-100% only

B. 0-5% only

C. 5% to just before toe off

D. Terminal swing only

The timing of fibularis longus and brevis activation is tied to their role in controlling foot stability during weight bearing and preparing for push-off. After heel contact, these muscles briefly start contracting to resist sudden inversion and to help progress the foot into stance, while also contributing to plantarflexion. They remain active through the majority of the stance phase, up to just before toe-off, when propulsion begins and other plantarflexors take over. This timing fits the need for lateral stabilization and controlled pronation as the body moves over the stance limb. The other options either truncate activation to a tiny moment or place it in phases (late swing or the entire swing) where these muscles aren't functioning in weight-bearing, so they don't best describe their usual activity pattern.

4. Gluteus maximus remains active from heel contact to midstance to do what?

A. Produce knee flexion only

B. Elevate the swing-side pelvis

C. Support body weight and produce hip extension

D. Extend the toes during swing

During heel contact through early stance, the body's weight tends to flex the hip and tip the trunk forward. The gluteus maximus acts as a powerful hip extensor and stabilizer to oppose that tendency, keeping the pelvis and trunk upright and controlling the forward collapse of the thigh. This stabilization also sets up the limb for forward progression into midstance, contributing to propulsion by extending the hip as weight is borne. That's why the best choice describes both supporting body weight and producing hip extension. The other options don't fit: knee flexion isn't the gluteus maximus's role, pelvis elevation of the swing side is handled by other hip abductors, and toe extension occurs in the foot, not at the hip.

5. During gait, the primary hip flexor is which muscle?

A. Gluteus maximus

B. Tibialis posterior

C. Iliopsoas

D. Soleus

Hip flexion during gait is driven mainly by the iliopsoas, a powerful hip flexor formed by the iliacus and psoas major. It crosses the front of the hip joint, allowing the thigh to rise and move the leg forward into the swing phase, which is essential for advancing the limb. The gluteus maximus extends the hip, not flexes it, so it opposes this action. The tibialis posterior and soleus act on the foot and ankle, not the hip. So, the iliopsoas is the best answer because it is the primary muscle responsible for initiating and controlling hip flexion during walking.

6. During a typical stance phase, how many vertical GRF peaks are observed?

A. Two

B. One

C. Three

D. None

In gait analysis, the vertical ground reaction force (GRF) during the stance phase typically shows two distinct peaks. The first peak occurs soon after heel contact as the limb accepts the body's weight during the loading response. The force then drops toward a minimum around midstance as the body passes over the foot. The second peak appears as the foot propels the body forward and prepares to toe off during the push-off/terminal stance phase. So there are two pronounced vertical GRF peaks per stance phase. A single peak would miss either the loading response or the push-off, three would indicate an extra peak not seen in normal gait, and none would imply no vertical force change, which isn't accurate for stance.

7. The external ankle dorsiflexion moment can be thought of as which problem if uncontrolled during midstance?

A. Foot slap

B. Jackknifing

C. Forward tibial collapse

D. Trendelenburg

The main idea is that during midstance the ground reaction force tends to push the tibia forward, creating an external dorsiflexion moment at the ankle. To stay stable, the plantarflexor muscles must generate an opposing internal plantarflexion moment to control that forward tibial progression. If this external dorsiflexion moment is not properly countered, the tibia will move forward over the foot, causing forward tibial collapse. That's the concept behind why forward tibial collapse is the best description. The other options refer to different problems: foot slap involves insufficient dorsiflexor control at heel strike, Trendelenburg points to hip abductor weakness and pelvis drop, and jackknifing describes a proximal (hip/knee/trunk) collapse pattern rather than an ankle-controlled midstance issue.

8. Which group correctly lists the three demands of swing limb advancement?

A. Knee Locking, Hip Extension, Ankle Plantarflexion

B. Lifting of the Foot, Completion of Stride Length, Preparation for Next Stance Interval

C. Pelvic Drop, Pelvic Hike, Foot Slap

D. Shock Absorption, Limb Stability, Preservation of Progression

During swing, the leg must advance in a way that keeps you moving smoothly and safely forward. The first requirement is lifting the foot to clear the ground, which prevents tripping as the leg swings under you. The second is completing the stride length, meaning the leg travels far enough forward to set up the next step and maintain steady progression. The third is preparing for the next stance interval, so the foot lands in the right position for a stable heel strike and weight acceptance. The other options describe actions more tied to the stance phase or to abnormal gait signs. Knee locking, hip extension, and ankle plantarflexion are classic elements of push-off and weight bearing rather than the forward clearance and placement tasks of swing. Pelvic drop, pelvic hike, and foot slap are gait abnormalities or compensations rather than the fundamental demands of advancing the limb during swing. Shock absorption, limb stability, and preservation of progression relate to how the body handles contact and stability in stance, not the primary aims of swing limb advancement.

9. Two demands of single limb support include which of the following sets?

A. Lifting the Foot and Clearing the Toes

B. Supporting Body Weight in Sagittal/Coronal Planes and Continuing Progression

C. Preparing for Heel Contact and Completing Stride Length

D. Producing Double Limb Support and Toe Extension

During single limb support, two things must happen at once: the body must be supported and stabilized in multiple planes, and the body must continue to move forward. Stabilization in the sagittal (front–back) and coronal (side to side) planes means the stance leg bears weight without allowing excessive forward collapse or lateral sway, keeping the trunk and pelvis aligned. At the same time, progression requires the center of mass to advance over the stance limb to move the gait forward toward the next step. The other options describe actions tied to swing phase (lifting the foot, clearing the toes) or transitions and double-support, not the two fundamental demands of single limb support.

10. Gluteus maximus begins activity during which phase?

A. Terminal swing

B. Mid-sstance

C. Mid-swing

D. Pre-swing only

In walking, gluteus maximus helps control the transition from swing to stance by eccentrically slowing hip flexion as the thigh moves forward. Its activity begins in terminal swing, just before foot contact, to position the hip for heel strike and help stabilize the trunk. During mid-swing the leg is driven forward mainly by hip flexors, so the gluteus maximus isn't initiating activity there. In mid-stance the hip is extending to support the body, with other muscles handling stability, so this muscle isn't the primary initiator. In pre-swing, propulsion comes mainly from the plantarflexors, not the hip extensors. So the phase where gluteus maximus begins activity is terminal swing.

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://movementanalysis.examzify.com

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