

# Muscles: Actions, Origins & Insertions Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 muscle flexes the wrist and inserts on the palmar aponeurosis?**
  - A. Teres Major**
  - B. Palmaris Longus**
  - C. Flexor Carpi Radialis**
  - D. Supraspinatus**
  
- 2. Which muscle originates from the lateral condyle of the tibia and anterior surface of the fibula?**
  - A. Extensor Digitorum Longus**
  - B. Fibularis Longus**
  - C. Tibialis Anterior**
  - D. Vastus Medialis**
  
- 3. Which muscle abducts the shoulder and inserts at the deltoid tuberosity of the humerus?**
  - A. Pectoralis Major**
  - B. Deltoid**
  - C. Latissimus Dorsi**
  - D. Internal Intercostals**
  
- 4. Which muscle eversion of the foot and plantar flexion, inserting at the first metatarsal?**
  - A. Gastrocnemius**
  - B. Tibialis Anterior**
  - C. Fibularis Longus**
  - D. Soleus**
  
- 5. Iliopsoas (Psoas Major) origin?**
  - A. Iliac crest**
  - B. Pubic symphysis**
  - C. Transverse processes of vertebrae T12-L5**
  - D. Sacrum**

- 6. Which muscle flexes, adducts, and medially rotates the shoulder?**
- A. Pectoralis Major**
  - B. Latissimus Dorsi**
  - C. Deltoid**
  - D. Infraspinatus**
- 7. Origin: lateral condyle of tibia and anterior surface of fibula; insertion: toes 2-5. Which muscle is this?**
- A. Fibularis Longus**
  - B. Vastus Medialis**
  - C. Tibialis Anterior**
  - D. Extensor Digitorum Longus**
- 8. Which is the insertion of the Zygomaticus muscle?**
- A. Origin: zygomatic bone**
  - B. Insertion: skin on lateral sides of the mouth**
  - C. Action: retracts and elevates upper lip**
  - D. Insertion: lips**
- 9. Which muscle originates from the spinous processes of the inferior thoracic and all lumbar vertebrae and inserts into the intertubercular groove of the humerus?**
- A. Deltoid**
  - B. Latissimus Dorsi**
  - C. Pectoralis Minor**
  - D. Serratus Anterior**
- 10. Which muscle flexes the elbow and originates on the anterior distal humerus, inserting at the tuberosity of the ulna?**
- A. Flexor Carpi Radialis**
  - B. Brachialis**
  - C. Brachioradialis**
  - D. Palmaris Longus**

## Answers

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

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## **Explanations**

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**1. Which muscle flexes the wrist and inserts on the palmar aponeurosis?**

- A. Teres Major**
- B. Palmaris Longus**
- C. Flexor Carpi Radialis**
- D. Supraspinatus**

The key idea is recognizing a wrist flexor whose tendon anchors into the palm's fascia. The palmaris longus fits this exactly: its tendon travels across the wrist and inserts into the palmar aponeurosis, allowing the palm fascia to tense during gripping. It also acts to flex the wrist, though it is a relatively weak flexor compared with others. Teres major is a shoulder muscle that acts on the arm and does not attach near the palm. Supraspinatus is another shoulder/rotator cuff muscle with insertion on the greater tubercle of the humerus, not the palm. Flexor carpi radialis does flex the wrist but inserts on the bases of the second and third metacarpals, not the palmar aponeurosis. So the muscle that both flexes the wrist and inserts on the palmar aponeurosis is palmaris longus.

**2. Which muscle originates from the lateral condyle of the tibia and anterior surface of the fibula?**

- A. Extensor Digitorum Longus**
- B. Fibularis Longus**
- C. Tibialis Anterior**
- D. Vastus Medialis**

Matching muscle origins to bone surfaces helps you identify which muscle fits the description. Extensor Digitorum Longus has a distinctive origin on both bones of the lower leg: the lateral condyle of the tibia and the anterior surface of the fibula (plus the interosseous membrane). That dual-origin pattern is a hallmark of this muscle and aligns with its role in extending the toes and dorsiflexing the foot, placing it in the anterior compartment of the leg. The other muscles come from different sites: Fibularis Longus originates from the fibula only, Tibialis Anterior originates from the tibia (and interosseous membrane) but not the fibula's anterior surface, and Vastus Medialis originates from the femur. So the described origin clearly points to Extensor Digitorum Longus.

**3. Which muscle abducts the shoulder and inserts at the deltoid tuberosity of the humerus?**

- A. Pectoralis Major
- B. Deltoid**
- C. Latissimus Dorsi
- D. Internal Intercostals

Abduction of the shoulder is carried out by the deltoid, particularly its middle fibers, which pull on the humerus to lift the arm away from the body. The deltoid inserts at the deltoid tuberosity on the lateral side of the humerus, so this combination of inserting at that point and performing abduction fits perfectly. The other muscles have different roles or insertions: pectoralis major flexes, adducts, and medially rotates the arm; latissimus dorsi extends, adducts, and medially rotates the arm; internal intercostals act on the ribs for breathing and do not attach to the humerus. (Note that the supraspinatus helps initiate abduction in the first 15 degrees, but it does not insert at the deltoid tuberosity, so the muscle described here is the deltoid.)

**4. Which muscle eversion of the foot and plantar flexion, inserting at the first metatarsal?**

- A. Gastrocnemius
- B. Tibialis Anterior
- C. Fibularis Longus**
- D. Soleus

The action described—eversion of the foot together with plantar flexion—and insertion at the base of the first metatarsal points to the fibularis longus. This muscle runs from the fibula, passes around the lateral malleolus, and its tendon travels under the foot to attach to the base of the first metatarsal (and the medial cuneiform). When it contracts, it everts the sole (turns the foot outward) and helps push the foot downward at the ankle, contributing to plantar flexion. Other muscles either invert the foot or act primarily as ankle plantar flexors with insertions on the heel (calcaneus), or they evert the foot but insert at a different location (like the 5th metatarsal), so they don't match both criteria as cleanly.

**5. Iliopsoas (Psoas Major) origin?**

- A. Iliac crest
- B. Pubic symphysis
- C. Transverse processes of vertebrae T12-L5**
- D. Sacrum

The main thing this item tests is where the psoas major part of the iliopsoas originates. The psoas major comes from the lumbar region of the spine, attaching to the sides of the vertebral bodies of T12 through L5 and the adjacent intervertebral discs, plus the transverse processes of L1-L5. This region origin makes it a powerful hip flexor when it contracts, and it combines with the iliacus to form the iliopsoas tendon that inserts on the lesser trochanter. Among the options, the description pointing to the transverse processes in the T12-L5 region best reflects the psoas major's lumbar origin. The other options refer to structures that are not origins of the psoas major (iliac crest for the iliacus, pubic symphysis, or sacrum), so they don't fit as well.

**6. Which muscle flexes, adducts, and medially rotates the shoulder?**

- A. Pectoralis Major**
- B. Latissimus Dorsi**
- C. Deltoid**
- D. Infraspinatus**

The muscle that can bring the arm forward, toward the body, while also pulling it in and rotating it inward is the pectoralis major. Its clavicular part primarily flexes the shoulder (lifting the arm forward), while the sternocostal part helps with adduction and medial (inward) rotation of the humerus. This combination matches the actions described. Other muscles don't line up with all three actions together. Latissimus dorsi, for example, is a strong adductor and medial rotator but mainly extends the shoulder rather than flexing it. The deltoid can flex the shoulder via its anterior fibers, but it's best known for abduction with the middle fibers and doesn't provide the same coordinated trio of flexion, adduction, and medial rotation. Infraspinatus primarily laterally rotates the shoulder and stabilizes the joint, not flexion or medial rotation.

**7. Origin: lateral condyle of tibia and anterior surface of fibula; insertion: toes 2-5. Which muscle is this?**

- A. Fibularis Longus**
- B. Vastus Medialis**
- C. Tibialis Anterior**
- D. Extensor Digitorum Longus**

This question tests how origin and insertion determine a muscle's action. A muscle that starts on the lateral tibial condyle and the anterior surface of the fibula (with the interosseous membrane) and then splits to insert into the extensor expansions of toes 2-5 is the extensor digitorum longus. Its job is to extend the toes (2-5) at the toe joints, and it also helps dorsiflex the foot. The other options don't fit the insertion pattern: fibularis longus attaches to the plantar side of the foot (base of the 1st metatarsal and medial cuneiform), tibialis anterior inserts on the medial cuneiform and 1st metatarsal, and the vastus medialis inserts into the patellar ligament/tibia for knee extension, not the toes.

**8. Which is the insertion of the Zygomaticus muscle?**

- A. Origin: zygomatic bone**
- B. Insertion: skin on lateral sides of the mouth**
- C. Action: retracts and elevates upper lip**
- D. Insertion: lips**

Understanding where a muscle inserts helps explain what it can pull on when it contracts. The zygomaticus major inserts into the skin at the corner of the mouth, so when it contracts it lifts that corner upward and outward, creating a smile. That insertion location—into the skin at the lateral mouth corner—directly enables pulling the mouth corner upward. The origin is on the zygomatic bone, which is an origin detail, not the insertion. Inserting into the lips is too general for this muscle, and describing the action as retracting and elevating the upper lip doesn't specify the correct insertion point. So placing the insertion at the skin on the lateral side of the mouth best matches how this muscle functions.

**9. Which muscle originates from the spinous processes of the inferior thoracic and all lumbar vertebrae and inserts into the intertubercular groove of the humerus?**

**A. Deltoid**

**B. Latissimus Dorsi**

**C. Pectoralis Minor**

**D. Serratus Anterior**

The muscle being tested is identified by where it starts and where it ends. Originating from the spinous processes of the lower thoracic vertebrae and all lumbar vertebrae, with connection to the thoracolumbar fascia, and inserting into the intertubercular groove of the humerus, points to the latissimus dorsi. This configuration lets it pull the arm downward and backward, performing actions that extend, adduct, and medially rotate the humerus. The other muscles have different origins and insertions—deltoid attaches to the shoulder girdle and inserts on the humerus itself, pectoralis minor to ribs and the coracoid, and serratus anterior to the medial border of the scapula—so they don't match this specific origin-insertion pattern.

**10. Which muscle flexes the elbow and originates on the anterior distal humerus, inserting at the tuberosity of the ulna?**

**A. Flexor Carpi Radialis**

**B. Brachialis**

**C. Brachioradialis**

**D. Palmaris Longus**

The main idea is identifying the muscle whose origin and insertion match elbow flexion. The brachialis starts on the distal anterior surface of the humerus and inserts on the tuberosity of the ulna. When it contracts, it pulls the ulna toward the humerus, producing flexion at the elbow. This makes it the primary elbow flexor in this description. The other muscles don't fit the clue: flexor carpi radialis and palmaris longus arise from the medial epicondyle and mainly act on the wrist/hand rather than the elbow. Brachioradialis originates from the lateral distal humerus and inserts on the radius, so it flexes the elbow but not at the ulna tuberosity.

## 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](mailto:hello@examzify.com).**

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

**<https://musclesactionoriginsinsertions.examzify.com>**

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

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