

MUSCLES: ACTIONS, ORIGINS & INSERTIONS PRACTICE TEST (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. From which scapular feature do the deltoid's posterior fibers originate?**
 - A. Acromion of the scapula
 - B. Spine of the scapula
 - C. Clavicle
 - D. Coracoid process
- 2. Which action is performed by the Flexor Carpi Ulnaris?**
 - A. Flexion and adduction at the wrist
 - B. Extension at the wrist
 - C. Extension and abduction at the wrist
 - D. Inspiration
- 3. Origin of the tibialis anterior?**
 - A. Proximal fibula
 - B. Lateral tibia (proximal)
 - C. Medial tibia
 - D. Distal tibia
- 4. Which muscle inserts on the lesser trochanter?**
 - A. Gluteus maximus
 - B. Tensor fasciae latae
 - C. Iliopsoas
 - D. Infraspinatus
- 5. Which muscle inserts on the medial border of the scapula at the level of the spine?**
 - A. Rhomboid major
 - B. Trapezius
 - C. Rhomboid minor
 - D. Serratus anterior
- 6. Insertion of the fibularis longus?**
 - A. Calcaneus
 - B. Base of the first metatarsal and medial cuneiform
 - C. Lateral cuneiform
 - D. Navicular

- 7. Which muscle originates at the medial epicondyle of the humerus?**
- A. Extensor Digitorum
 - B. Flexor Carpi Ulnaris
 - C. Extensor Carpi Radialis Longus
 - D. External Oblique
- 8. Which muscle adducts the scapula and inserts at the vertebral border of the scapula?**
- A. Serratus Anterior
 - B. Trapezius
 - C. Rhomboid Major
 - D. Pectoralis Minor
- 9. Which muscle originates from ribs 2-6, sternum, and clavicle?**
- A. Deltoid
 - B. Pectoralis Major
 - C. Latissimus Dorsi
 - D. Serratus Anterior
- 10. Which muscle protracts the scapula and holds it against the thoracic wall, and upwardly rotates the scapula?**
- A. Serratus anterior
 - B. Levator scapulae
 - C. Rhomboid major
 - D. Trapezius

Answers

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

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Explanations

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1. From which scapular feature do the deltoid's posterior fibers originate?

- A. Acromion of the scapula
- B. Spine of the scapula**
- C. Clavicle
- D. Coracoid process

The deltoid has three functional parts, each attaching to a different scapular or clavicular feature. The posterior portion originates from the spine of the scapula, a ridge on the back of the shoulder blade. This location lets the fibers run laterally to insert on the humerus and act to extend and externally rotate the arm. In contrast, the anterior portion attaches to the lateral third of the clavicle (facilitating flexion and medial rotation), and the middle portion attaches to the acromion (primarily facilitating abduction). The coracoid process is not a deltoid origin, as it serves other muscles.

2. Which action is performed by the Flexor Carpi Ulnaris?

- A. Flexion and adduction at the wrist**
- B. Extension at the wrist
- C. Extension and abduction at the wrist
- D. Inspiration

Flexor Carpi Ulnaris mainly pulls the hand toward the ulna (ulnar deviation) while also bending the wrist. Its fibers run from the medial epicondyle and the ulna to the pisiform, hook of hamate, and base of the 5th metacarpal, so as it contracts it directs the pull toward the little finger side of the hand and toward the palm, producing both wrist flexion and adduction. So the action matches flexing the wrist and bringing the hand medially, which is why that option is correct. The other choices describe extending the wrist, or moving it away from the ulna (abduction), or unrelated action like inspiration, none of which align with the muscle's primary pull.

3. Origin of the tibialis anterior?

- A. Proximal fibula
- B. Lateral tibia (proximal)**
- C. Medial tibia
- D. Distal tibia

The tibialis anterior starts from the upper lateral surface of the tibia (proximal part) and also via the interosseous membrane between the tibia and fibula. This places the muscle on the front of the leg so its tendon runs to the foot to invert and dorsiflex the ankle. That's why the lateral tibia in its proximal region is the correct origin. The fibula, medial tibia, or a distal tibial origin wouldn't match how tibialis anterior is anchored and positioned.

4. Which muscle inserts on the lesser trochanter?

- A. Gluteus maximus
- B. Tensor fasciae latae
- C. Iliopsoas**
- D. Infraspinatus

The key idea is where a muscle attaches to the femur and how that relates to its function. The lesser trochanter is the insertion site for the iliopsoas tendon, which is formed by the fusion of the psoas major and iliacus. This muscle is the primary hip flexor, so attaching there allows it to lift the thigh toward the torso and help stabilize the pelvis when you stand or walk. Gluteus maximus attaches to the gluteal tuberosity and the iliotibial tract, not the lesser trochanter. Tensor fasciae latae inserts into the iliotibial tract rather than the femur itself. Infraspinatus attaches to the greater tubercle of the humerus, which is in the shoulder region, not the thigh. Therefore, the muscle that inserts on the lesser trochanter is the iliopsoas.

5. Which muscle inserts on the medial border of the scapula at the level of the spine?

- A. Rhomboid major
- B. Trapezius
- C. Rhomboid minor**
- D. Serratus anterior

The muscle that inserts on the medial border of the scapula at the level of the spine is the rhomboid minor. It sits high on the medial border, near the spine of the scapula, and its fibers attach there from the spinous processes of C7 and T1. This placement lets it elevate and retract the scapula, stabilizing the shoulder blade against the thorax. In contrast, the rhomboid major inserts lower on the medial border (from the spine of the scapula down to the inferior angle), the trapezius attaches to the spine and acromion rather than the medial border itself, and the serratus anterior inserts along the costal (front) surface of the medial border rather than at the spine level.

6. Insertion of the fibularis longus?

- A. Calcaneus
- B. Base of the first metatarsal and medial cuneiform**
- C. Lateral cuneiform
- D. Navicular

The fibularis longus inserts on the base of the first metatarsal and the medial cuneiform. Its tendon travels from the fibula, behind the lateral malleolus, then under the foot to attach on these medial foot bones. This medial insertion lets the muscle pull the first metatarsal and medial cuneiform, helping to plantarflex and evert the foot while supporting the transverse arch during push-off. The other sites don't fit because the calcaneus is the insertion for the Achilles tendon, the navicular is a common insertion for tibialis posterior, and the lateral cuneiform is not where fibularis longus attaches.

7. Which muscle originates at the medial epicondyle of the humerus?

- A. Extensor Digitorum
- B. Flexor Carpi Ulnaris**
- C. Extensor Carpi Radialis Longus
- D. External Oblique

Wrist flexors often start from the medial epicondyle of the humerus via the common flexor tendon, so that region marks the origin for several forearm flexors. Flexor carpi ulnaris specifically arises from the medial epicondyle (and the adjacent ulna) through that tendon and inserts on the pisiform, hook of the hamate, and base of the 5th metacarpal. This positions it as a primary wrist flexor with ulnar deviation. In contrast, extensor digitorum and extensor carpi radialis longus originate from the lateral side of the humerus (lateral epicondyle or nearby ridge) and act as wrist or finger extensors, while the external oblique is a trunk muscle with no humeral origin. Therefore, the muscle originating at the medial epicondyle is flexor carpi ulnaris.

8. Which muscle adducts the scapula and inserts at the vertebral border of the scapula?

- A. Serratus Anterior
- B. Trapezius
- C. Rhomboid Major**
- D. Pectoralis Minor

Adduction (retraction) of the scapula is produced by muscles that pull the medial edge of the scapula toward the spine. The rhomboid group does this and specifically attaches along the vertebral (medial) border of the scapula. The rhomboid major inserts on the lower portion of that border and pulls the scapula medially, helping to retract it and downwardly rotate it for stability. The other options don't fit this pattern: serratus anterior pulls the scapula forward and attaches to the anterior surface of the medial border; trapezius retracts the scapula but its insertion is on the spine of the scapula and the acromion, not the vertebral border; pectoralis minor attaches to the coracoid and protracts the scapula. So the muscle that both adducts the scapula and inserts on the vertebral border is the rhomboid major.

9. Which muscle originates from ribs 2-6, sternum, and clavicle?

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

The muscle described by origins on ribs 2-6, the sternum, and the clavicle is the pectoralis major. It has two heads: a clavicular head that attaches to the clavicle, and a sternocostal head that attaches to the sternum and the costal cartilages of the upper ribs (commonly ribs 2-6). This combination of clavicle plus sternum and 2-6 ribs exactly matches its origin pattern, which is why this muscle is the best fit. The other muscles have different starting points: deltoid originates from the clavicle and parts of the scapula, latissimus dorsi from the lower back and iliac crest with some ribs, and serratus anterior from the upper ribs along the side of the chest.

10. Which muscle protracts the scapula and holds it against the thoracic wall, and upwardly rotates the scapula?

A. Serratus anterior

B. Levator scapulae

C. Rhomboid major

D. Trapezius

Protraction with the scapula held firmly against the thoracic wall, and upward rotation of the scapula, is a hallmark function of the serratus anterior. This muscle runs from the outer surfaces of the upper ribs and inserts along the anterior surface of the medial border of the scapula. When it contracts, it pulls the scapula forward around the rib cage (protraction) and presses it against the thoracic wall to stabilize it. It also contributes to upward rotation of the scapula, especially when acting together with the trapezius, which enables the shoulder to elevate your arm overhead. Levator scapulae elevates the scapula and can contribute to downward rotation, so it doesn't protract. Rhomboid major retracts and downwardly rotates the scapula, which is the opposite of protraction. The trapezius has multiple roles—upper fibers elevate, middle fibers retract, lower fibers depress, and it assists in upward rotation—but it is not the primary protractor or stabilizer against the thoracic wall.

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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