



Anatomy and Postural Analysis Questions

1. Which of the following does not rotate the femur?
 - a. piriformis
 - b. obturator externus
 - c. gemellus superior
 - d. quadratus femoris
 - e. teres major

2. During the roll up the rectus abdominis is working concentrically.
True False

3. What other muscle is working concentrically during the roll up?
 - a. External obliques
 - b. Internal obliques
 - c. Psoas major
 - d. All of the above

4. Briefly explain how you would find the spinous processes of T2 and T3?

5. In order to assess upward and downward rotation of the scapula which two bony landmarks would you need to find?
 - a. medial borders or both scapulae
 - b. Lateral borders of the scapulae
 - c. Inferior and superior angles of the scapula
 - d. The acromium processes

6. In shoulder bridge prep (no 1) the glutes are working concentrically to extend the hip joint.
True False

7. Which of the muscles is not one of the Rotator Cuff Muscles?
 - a. teres minor
 - b. teres major
 - c. subscapularis
 - d. infraspinatus

8. When viewing from the side, someone with a forward head posture will have ears anterior to:
 - a. The acromium process
 - b. The plumb line
 - c. The mandible
 - d. The acromium process and the plumb line

9. The obliques working contralaterally and concentrically rotates the spine.
True False

10. During side bend prep the obliques on the side of the body closest to the mat are working...
 - a. concentrically
 - b. eccentrically
 - c. isometrically
 - d. All of the above