

ANTERIOR MUSCLE ACTION TEST (PRACTISE QUIZ)

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1) Iliopsoas Muscle

A. Flexes the vertebral column.

2) Tibialis Anterior

B. Extend the first toe. Dorsi flexes the ankle. Inverts the foot.

3) Rectus Abdominis

C. Extend the thumb (interphalangeal joint). Assist in extending the thumb (metacarpophalangeal joints).

4) Extension Digitorum

D. Extend the Knee
Flexes the Hip

5) Brachioradialis

E. Flexes the hip. Laterally rotates the hip. Adducts the hip.

6) Extensor Hallucis

F. Flexes the elbow. Assists in pronation and supination of the forearm when these movements are resisted.

7) Biceps Brachii

G. Bilaterally:
Flexes the vertebral column. Compress abdominal contents.

8) External Oblique

Unilaterally:
Laterally flexes vertebral column to the same side. Rotates vertebral column to opposite side.

9) Extensor Pollicis Longus

H. Inverts the foot. Dorsiflexes the ankle.

10) Rectus Femoris

I. Flexes the elbow. Supinates the forearm. Flexes shoulder.

J. Extends the second through fifth fingers (metacarpophalangeal and interphalangeal joints). Assist in extension of wrist (radiocarpal joint).