

## POSTERIOR MUSCLE ACTION TEST (PRACTISE QUIZ)

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|-------------------------|---|
| 1) Infraspinatus        | <b>A.</b> Flexes the hip. Medially rotates the hip. Abducts the hip.  |
| 2) Supraspinatus        | <b>B.</b> Laterally rotates the hip. Abducts the thigh when the hip is flexed.  |
| 3) Rhomboid Major       | <b>C.</b> Elevates hip. Laterally flexes the vertebral column. Assist to extend the vertebral column. Fixes the last rib during respiration.  |
| 4) Trapezius            | <b>D.</b> Abducts shoulder. Stabilizes head of humerus.   |
| 5) Teres Major          | <b>E.</b> Abducts the hip. Flexes the hip. Extends the hip. May medially rotate and laterally rotate the hip.   |
| 6) Quadratus Lumborum   | <b>F.</b> Laterally rotates the shoulder. Adducts the shoulder. Extends the shoulder. Horizontally abducts the shoulder. Stabilizes head of humerus in glenoid cavity.  |
| 7) Gluteus Maximus      | <b>G.</b> Extends the head and neck. Laterally flex the head and neck to same side. Rotate the head and neck to the opposite side. Elevate and upwardly rotate the scapula. Adduct the scapula Stabilize the scapula. Depress scapula. Upwardly rotate scapula. |
| 8) Piriformis           | <b>H.</b> Adducts the scapula. Elevates the scapula. Downwardly rotates the scapula.  |
| 9) Gluteus Medius       | <b>I.</b> Extends the hip. Laterally rotates the hip. Abducts the hip. Lower fibers adduct the hip.   |
| 10) Tensor Fascia Latae | <b>J.</b> Extends shoulder. Adducts the shoulder. Medially rotates the shoulder.  |