

**Action Exam Based on Lengthening or Shortening of Muscles**  
**Brian John Piccolo, LMT**



- 1) If the Biceps shortens then the Triceps must \_\_\_\_\_.
- 2) For the Hamstrings to lengthen, the Quadriceps must \_\_\_\_\_.
- 3) For the forearm to pronate, then the Pronator Teres must \_\_\_\_\_.
- 4) To kick a football, the Rectus Femoris must \_\_\_\_\_.
- 5) If the Trapezius extends the neck then the Scalenes must \_\_\_\_\_.
- 6) If the leg is in plantar flexion and the Gastrocnemius is shortened then the Soleus must be \_\_\_\_\_.
- 7) To raise the arm in shoulder flexion, the anterior deltoid must \_\_\_\_\_, and the posterior deltoid must \_\_\_\_\_.
- 8) To extend the hip and leg the Gluteus Maximus must \_\_\_\_\_, and the Psoas must \_\_\_\_\_.
- 9) If the Rhomboids are in adduction the Pectoralis Major must \_\_\_\_\_.
- 10) For the Knee to extend the Quadriceps must \_\_\_\_\_ and the Hamstrings must \_\_\_\_\_.

- 11) To flex the wrist the Flexor Carpi Ulnaris must \_\_\_\_\_ and the Extensor Digitorum must \_\_\_\_\_.
- 12) To medially rotate the shoulder the anterior deltoid must \_\_\_\_\_.
- 13) To extend the shoulder the anterior deltoid must \_\_\_\_\_.
- 14) To put the neck in flexion the scalenes must \_\_\_\_\_.
- 15) To elevate the shoulders the Levator Scapula must \_\_\_\_\_.
- 16) To abduct the leg or hip joint the Tensor Fascia Latae has to \_\_\_\_\_, and the Adductor Magnus must \_\_\_\_\_.
- 17) When dorsiflexion takes place in the ankle, the Anterior Tibialis must \_\_\_\_\_.
- 18) When one planter flexes the foot the Anterior Tibialis must \_\_\_\_\_.
- 19) When doing sit ups the Rectus Abdominis must \_\_\_\_\_.
- 20) With an anterior tilt of the Pelvis the Quadriceps must \_\_\_\_\_, the Hamstrings must \_\_\_\_\_.