

# Anatomy &

# Physiology

# Anatomy Cardset

# 1

Author: M Rhodes

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## 4. Chapter: Anatomy Cardset 1

### 1. Anatomy Cardset 1 Questions

#### 4.1.1. Sternocleidomastoid Nerve and Nerve Root:

Author: M Rhodes

Sternocleidomastoid Nerve and Nerve Root:

- CN IX C2+3

Check the answer of this question online at QuizOver.com:  
Question: [Sternocleidomastoid Nerve and Nerve Root: Set 1 Quest](#)

## 4.1.2. Sternocleidomastoid Primary Actions

Author: M Rhodes

### Sternocleidomastoid Primary Actions

- Both Muscles working together: Flxn of the cervical spine.

Indiv muscles working alone: Rotation of head to opposite side

PRIMARY NECK FLEXOR

Check the answer of this question online at QuizOver.com:  
Question: [Sternocleidomastoid Primary Actions Set 1 Quest](#)

### 4.1.3. Scalenes Nerve and Nerve Root

Author: M Rhodes

#### Scalenes Nerve and Nerve Root

- Cervical nerves VPR C1-8

Check the answer of this question online at QuizOver.com:  
Question: [Scalenes Nerve and Nerve Root Set 1 Quest](#)



#### 4.1.4. Scalenes Primary Action

Author: M Rhodes

##### Scalenes Primary Action

- Ipsilateral Flexion

Rotation of the neck to opposite side

Check the answer of this question online at QuizOver.com:

Question: [Scalenes Primary Act Set 1 Quest](#)

#### 4.1.5. Sternocleidomastoid Secondary Action

Author: M Rhodes

#### Sternocleidomastoid Secondary Action

- Ipsilateral lateral flexion

Check the answer of this question online at QuizOver.com:

Question: [Sternocleidomastoid Secondary Act Set 1 Quest](#)

#### 4.1.6. Scalenes Secondary action

Author: M Rhodes

Scalenes Secondary action

- Neck Flexion

Check the answer of this question online at QuizOver.com:

Question: [Scalenes Secondary act Set 1 Quest](#)

## 4.1.7. Trapezius Nerve and Nerve Root

Author: M Rhodes

### Trapezius Nerve and Nerve Root

- CN XI + C 3 & 4

Check the answer of this question online at QuizOver.com:

Question: [Trapezius Nerve and Nerve Root Set 1 Quest](#)

#### 4.1.8. Trapezius Primary Actions of Upper fibers

Author: M Rhodes

Trapezius Primary Actions of Upper fibers

- Scapula elevation , adduction, upward rotation

PRIMARY SHOULDER GIRDLE ELEVATION

Check the answer of this question online at QuizOver.com:  
Question: [Trapezius Primary Actions of Upper fibers Set 1 Quest](#)

#### 4.1.9. Trapezius Primary Action for Middle Fibers:

Author: M Rhodes

Trapezius Primary Action for Middle Fibers:

- Middle fibers: Scapula adduction

PRIMARY SHOULDER GIRDLE RETRACTOR

Check the answer of this question online at QuizOver.com:  
Question: [Trapezius Primary Action for Middle Fibers: Set 1 Quest](#)

#### 4.1.10. Trapezius Primary Actions for Lower fibers

Author: M Rhodes

##### Trapezius Primary Actions for Lower fibers

- Lower fibers: Scapula depression, upward rotation

PRIMARY SHOULDER GIRDLE DEPRESSOR

Check the answer of this question online at QuizOver.com:  
Question: [Trapezius Primary Actions for Lower fibers Set 1 Quest](#)

#### 4.1.11. Secondary actions for Trapezius

Author: M Rhodes

##### Secondary actions for Trapezius

- Unilateral: Rotation of head to opposite side  
Lateral flexion of head to same side.

Bilateral: Head and neck extension

Check the answer of this question online at QuizOver.com:  
Question: [Secondary actions for Trapezius Set 1 Quest](#)



## 4.1.12. Levator Scapulae Nerve and Nerve Root

Author: M Rhodes

### Levator Scapulae Nerve and Nerve Root

- C3 & 4 + Dorsal Scapular (C5)

Check the answer of this question online at QuizOver.com:  
Question: [Levator Scapulae Nerve and Nerve Root Set 1 Quest](#)

### 4.1.13. Levator Scapulae Primary Actions

Author: M Rhodes

#### Levator Scapulae Primary Actions

- Elevation, adduction and downward rotation of scapula

Check the answer of this question online at QuizOver.com:  
Question: [Levator Scapulae Primary Actions Set 1 Quest](#)

#### 4.1.14. Serratus Anterior Nerve and Nerve Roots

Author: M Rhodes

##### Serratus Anterior Nerve and Nerve Roots

- Long Thoracic n. C 5-7

Check the answer of this question online at QuizOver.com:  
Question: [Serratus Anterior Nerve and Nerve Roots Set 1 Quest](#)

#### 4.1.15. Primary Actions of Serratus Anterior

Author: M Rhodes

##### Primary Actions of Serratus Anterior

- Scapular aBduction  
Holds the medial border of the scapula firmly against the thorax

Check the answer of this question online at QuizOver.com:  
Question: [Primary Actions of Serratus Anterior Set 1 Quest](#)

#### 4.1.16. Secondary Action of Serratus Anterior

Author: M Rhodes

##### Secondary Action of Serratus Anterior

- Stabilizes the scapula for shoulder muscles.

Scapular depression.

Check the answer of this question online at QuizOver.com:

Question: [Secondary Action of Serratus Anterior Set 1 Quest](#)

#### 4.1.17. Pectoralis Major Nerve and Nerve Root

Author: M Rhodes

##### Pectoralis Major Nerve and Nerve Root

- Medial and Lateral Pectoral n C5-8,T1

Check the answer of this question online at QuizOver.com:  
Question: [Pectoralis Major Nerve and Nerve Root Set 1 Quest](#)

#### 4.1.18. Pectoralis Major Primary Actions:

Author: M Rhodes

Pectoralis Major Primary Actions:

- Clavicular fibers : IR, flexion and horizontal add
- Sternal fibers: Adducts arm toward opposite side

PRIMARY ARM ADDUCTOR

Check the answer of this question online at QuizOver.com:  
Question: [Pectoralis Major Primary Actions: Set 1 Quest](#)

#### 4.1.19. Secondary Actions of Pectoralis Major

Author: M Rhodes

##### Secondary Actions of Pectoralis Major

- Extends arm if flexed

Depression of the shoulder girdle via the arm.

Check the answer of this question online at QuizOver.com:  
Question: [Secondary Actions of Pectoralis Major Set 1 Quest](#)



## 4.1.20. Pectoralis Major Secondary Actions

Author: M Rhodes

### Pectoralis Major Secondary Actions

- Extends arm if flexed

Depression of the shoulder girdle via the arm

Check the answer of this question online at [QuizOver.com](http://QuizOver.com):

Question: [Pectoralis Major Secondary Actions Set 1 Quest](#)

## 4.1.21. Pectoralis Minor Nerve and Nerve Root

Author: M Rhodes

### Pectoralis Minor Nerve and Nerve Root

- Medial Pectoral n. C8T1

Check the answer of this question online at QuizOver.com:  
Question: [Pectoralis Minor Nerve and Nerve Root Set 1 Quest](#)

## 4.1.22. Primary Actions of Pectoralis Minor

Author: M Rhodes

### Primary Actions of Pectoralis Minor

- Depression of the shoulder girdle.

Scapular downward rotation .

Check the answer of this question online at QuizOver.com:

Question: [Primary Actions of Pectoralis Minor Set 1 Quest](#)

#### 4.1.23. Pectoralis Minor Secondary Actions:

Author: M Rhodes

Pectoralis Minor Secondary Actions:

- Weak shoulder abduction

Check the answer of this question online at QuizOver.com:

Question: [Pectoralis Minor Secondary Actions: Set 1 Quest](#)

#### 4.1.24. Deltoid Nerve and Nerve Root

Author: M Rhodes

#### Deltoid Nerve and Nerve Root

- Axillary C5&6

Check the answer of this question online at QuizOver.com:  
Question: [Deltoid Nerve and Nerve Root Set 1 Quest](#)

#### 4.1.25. Primary Actions of Deltoid:

Author: M Rhodes

Primary Actions of Deltoid:

- Ant fibers: Shoulder/arm flexion
  
- Middle fibers: Shoulder/arm Abduction
  
- Posterior fibers: Shoudler/arm horizontal abduction and Hyperextension

Check the answer of this question online at QuizOver.com:  
Question: [Primary Actions of Deltoid: Set 1 Quest](#)

#### 4.1.26. Secondary action of deltoids

Author: M Rhodes

Secondary action of deltoids

- Shoulder scaption

Check the answer of this question online at QuizOver.com:

Question: [Secondary action of deltoids Set 1 Quest](#)

## 4.1.27. Coracobrachialis Nerve and Nerve Root

Author: M Rhodes

### Coracobrachialis Nerve and Nerve Root

- Musculocutaneous n C6&7

Check the answer of this question online at QuizOver.com:  
Question: [Coracobrachialis Nerve and Nerve Root Set 1 Quest](#)



#### 4.1.28. Coracobrahialis primary actions

Author: M Rhodes

Coracobrahialis primary actions

- Shoulder flexions, add, horiz add

Check the answer of this question online at QuizOver.com:

Question: [Coracobrahialis primary actions Set 1 Quest](#)

#### 4.1.29. Coracobrachialis secondary actions

Author: M Rhodes

Coracobrachialis secondary actions

- Shoulder IR

Check the answer of this question online at QuizOver.com:  
Question: [Coracobrachialis secondary actions Set 1 Quest](#)

#### 4.1.30. Supriscapular Nerve and nerve roots

Author: M Rhodes

Supriscapular Nerve and nerve roots

- Supriscapular n. C5

Check the answer of this question online at QuizOver.com:

Question: [Supriscapular Nerve and nerve roots Set 1 Quest](#)

#### 4.1.31. Suprspinatus Primary Action

Author: M Rhodes

Suprspinatus Primary Action

- Shoulder ABDuction

Check the answer of this question online at QuizOver.com:

Question: [Suprspinatus Primary Act Set 1 Quest](#)

#### 4.1.32. Secondary actions of Supraspinatus

Author: M Rhodes

##### Secondary actions of Supraspinatus

- Holds head of humerus in glenoid fossa preventing subluxation.

Shoulder scaption

Shoulder ER

Check the answer of this question online at QuizOver.com:  
Question: [Secondary actions of Supraspinatus Set 1 Quest](#)

### 4.1.33. Infraspinatus Nerve and Nerve Root

Author: M Rhodes

#### Infraspinatus Nerve and Nerve Root

- Suprascapular n. C5 & 6

Check the answer of this question online at QuizOver.com:

Question: [Infraspinatus Nerve and Nerve Root Set 1 Quest](#)

#### 4.1.34. Infraspinatus Primary Action

Author: M Rhodes

##### Infraspinatus Primary Action

- Shoulder ER &  
PRIMARY ARM EXTERNAL ROTATOR

Check the answer of this question online at QuizOver.com:  
Question: [Infraspinatus Primary Act Set 1 Quest](#)

#### 4.1.35. Infraspinatus Secondary Actions

Author: M Rhodes

##### Infraspinatus Secondary Actions

- Same for Infraspinatus, Teres Minor and Subscapularis : Depresses head of humerus in glenoid fossa, allowing arm ABDuction.  
& Holds head of humerus in glenoid fossa preventing subluxation. ( same for SITS muscles)

Check the answer of this question online at QuizOver.com:

Question: [Infraspinatus Secondary Actions Set 1 Quest](#)



#### 4.1.36. Teres minor Nerve and nerve root

Author: M Rhodes

Teres minor Nerve and nerve root

- Axillary n C5&6

Check the answer of this question online at QuizOver.com:

Question: [Teres minor Nerve and nerve root Set 1 Quest](#)

#### 4.1.37. Teres minor primary action

Author: M Rhodes

Teres minor primary action

- Shoulder ER

Check the answer of this question online at [QuizOver.com](http://QuizOver.com):

Question: [Teres minor primary act Set 1 Quest](#)

#### 4.1.38. secondary action for teres minor

Author: M Rhodes

secondary action for teres minor

- Depresses head of humerus in glenoid fossa to allow abduction, holds head of humerus in glenoid fossa to prevent subluxation and assists in shoulder adduction

Check the answer of this question online at [QuizOver.com](http://QuizOver.com):  
Question: [secondary action for teres minor Set 1 Quest](#)

#### 4.1.39. Subscapularis nerve and nerve root

Author: M Rhodes

Subscapularis nerve and nerve root

- Upper & Lower Subscapular n  
C 5&6

Check the answer of this question online at [QuizOver.com](http://QuizOver.com):  
Question: [Subscapularis nerve and nerve root Set 1 Quest](#)

#### 4.1.40. Primary action of Subscapularis

Author: M Rhodes

Primary action of Subscapularis

- Shoulder IR  
PRIMARY ARM INTERNAL ROTATOR

Check the answer of this question online at QuizOver.com:  
Question: [Primary action of Subscapularis Set 1 Quest](#)

#### 4.1.41. Secondary Actions for Subscapularis

Author: M Rhodes

#### Secondary Actions for Subscapularis

- Same for all sits m's

Check the answer of this question online at QuizOver.com:

Question: [Secondary Actions for Subscapularis Set 1 Quest](#)

#### 4.1.42. Latissimus Dorsi Nerve and Nerve Root

Author: M Rhodes

#### Latissimus Dorsi Nerve and Nerve Root

- Thoracodorsal n C 6-8

Check the answer of this question online at QuizOver.com:  
Question: [Latissimus Dorsi Nerve and Nerve Root Set 1 Quest](#)

#### 4.1.43. Primary actions of Latissimus Dorsi

Author: M Rhodes

Primary actions of Latissimus Dorsi

- Arm extension, hyperextension, adduction and IR

Check the answer of this question online at QuizOver.com:

Question: [Primary actions of Latissimus Dorsi Set 1 Quest](#)



#### 4.1.44. Secondary actions of Latissimus dorsi

Author: M Rhodes

#### Secondary actions of Latissimus dorsi

- Assists w forceful exhalation & assists with scapula depression

Check the answer of this question online at QuizOver.com:

Question: [Secondary actions of Latissimus dorsi Set 1 Quest](#)

#### 4.1.45. Teres Major Nerve and Nerve Root

Author: M Rhodes

Teres Major Nerve and Nerve Root

- Lower Subscapular n. C 5&6

Check the answer of this question online at QuizOver.com:

Question: [Teres Major Nerve and Nerve Root Set 1 Quest](#)

#### 4.1.46. Primary actions of Teres Major

Author: M Rhodes

Primary actions of Teres Major

- Arm extension, hyperextension, adduction and IR

Check the answer of this question online at QuizOver.com:

Question: [Primary actions of Teres Major Set 1 Quest](#)

#### 4.1.47. Rhomboideus Major nerve and nerve roots

Author: M Rhodes

Rhomboideus Major nerve and nerve roots

- Dorsal Scapular n C 5

Check the answer of this question online at QuizOver.com:  
Question: [Rhomboideus Major nerve and nerve roots Set 1 Quest](#)

#### 4.1.48. Rhomboideus minor nerve and nerve root

Author: M Rhodes

Rhomboideus minor nerve and nerve root

- Dorsal scapular n. C 5

Check the answer of this question online at QuizOver.com:  
Question: [Rhomboideus minor nerve and nerve root Set 1 Quest](#)

#### 4.1.49. Rhomboideus major primary actions

Author: M Rhodes

Rhomboideus major primary actions

- Scapular adduction, downward rotation and elevation

Check the answer of this question online at QuizOver.com:  
Question: [Rhomboideus major primary actions Set 1 Quest](#)

#### 4.1.50. Rhomboideus major primary actions

Author: M Rhodes

Rhomboideus major primary actions

- Scapular elevation, adduction, downward rotation

Check the answer of this question online at QuizOver.com:

Question: [Rhomboideus major primary actions Set 1 Quest](#)

#### 4.1.51. Rhomboideus minor primary actions

Author: M Rhodes

Rhomboideus minor primary actions

- Scapular adduction, downward rotation and elevation

Check the answer of this question online at QuizOver.com:  
Question: [Rhomboideus minor primary actions Set 1 Quest](#)