

Anatomy &

Physiology

Anatomy Cardset

4

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4. Chapter: Anatomy Cardset 4

1. Anatomy Cardset 4 Questions

4.1.1. Adductor Longus Nerve and Nerve Root

Author: M Rhodes

Adductor Longus Nerve and Nerve Root

- Anterior division of Obturator Nerve (L3 &4)

Check the answer of this question online at QuizOver.com:
Question: [Adductor Longus Nerve and Nerve Root Set 4 Quest](#)

4.1.2. Gluteus Medius Primary action

Author: M Rhodes

Gluteus Medius Primary action

- PRIMARY - Hip Abductor

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

Question: [Gluteus Medius Primary act Set 4 Quest](#)

4.1.3. Secondary action of Rectus Abdominis

Author: M Rhodes

Secondary action of Rectus Abdominis

- Post tilt of the pelvis. Assists neck flexors in raising the head from supine position by fixing the thorax.

Check the answer of this question online at QuizOver.com:
Question: [Secondary action of Rectus Abdominis Set 4 Quest](#)

4.1.4. Pectineus Nerve and Root

Author: M Rhodes

Pectineus Nerve and Root

- Femoral /Ant Branch of Obturator nerve (L 2-4)

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

Question: [Pectineus Nerve and Root Set 4 Quest](#)

4.1.5. Gluteus Medius Nerve and Nerve Root

Author: M Rhodes

Gluteus Medius Nerve and Nerve Root

- Superior Gluteal n. (L4 &5, S1)

Check the answer of this question online at QuizOver.com:
Question: [Gluteus Medius Nerve and Nerve Root Set 4 Quest](#)

4.1.6. Gluteus Medius Secondary Actions

Author: M Rhodes

Gluteus Medius Secondary Actions

- Anterior portion: flexion & IR
Posterior portion: extension & ER

Check the answer of this question online at QuizOver.com:
Question: [Gluteus Medius Secondary Actions Set 4 Quest](#)

4.1.7. Adductor Magnus Lower Fibers Nerve and Nerve Root

Author: M Rhodes

Adductor Magnus Lower Fibers Nerve and Nerve Root

- Tibial division of Sciatic n (L5, S 1 &2)

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

Question: [Adductor Magnus Lower Fibers Nerve and Nerve Root Set 4 Quest](#)

4.1.8. Adductor Brevis Nerve and Root

Author: M Rhodes

Adductor Brevis Nerve and Root

- Ant and Post division of Obturator n (L3 & 4)

Check the answer of this question online at QuizOver.com:
Question: [Adductor Brevis Nerve and Root Set 4 Quest](#)

4.1.9. Rectus Abdominis Nerve and Nerve Root

Author: M Rhodes

Rectus Abdominis Nerve and Nerve Root

- Intercostal n's T7-12

Check the answer of this question online at QuizOver.com:
Question: [Rectus Abdominis Nerve and Nerve Root Set 4 Quest](#)

4.1.10. Quadratus Lumborum Nerve and Nerve Root

Author: M Rhodes

Quadratus Lumborum Nerve and Nerve Root

- VPR T12 L1

Check the answer of this question online at QuizOver.com:
Question: [Quadratus Lumborum Nerve and Nerve Root Set 4 Quest](#)

4.1.11. Primary Action of Adductor Brevis

Author: M Rhodes

Primary Action of Adductor Brevis

- Adduction and Flexion of the hip

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

Question: [Primary Action of Adductor Brevis Set 4 Quest](#)

4.1.12. Pectinus Primary action

Author: M Rhodes

Pectinus Primary action

- Hip adduction

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

Question: [Pectinus Primary act Set 4 Quest](#)

4.1.13. Primary Action of Gluteus Maximus

Author: M Rhodes

Primary Action of Gluteus Maximus

- PRIMARY hyperxt of the thigh also does Thigh (hip) ext, hyperext, ER

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

Question: [Primary Action of Gluteus Maximus Set 4 Quest](#)

4.1.14. Secondary Adductor Magnus

Author: M Rhodes

Secondary Adductor Magnus

- Extension of hip when hip flexed (lower fibers)
Flexion of hip when hip is extended (upper fibers)

Check the answer of this question online at QuizOver.com:
Question: [Secondary Adductor Magnus Set 4 Quest](#)

4.1.15. Secondary Action of TFL

Author: M Rhodes

Secondary Action of TFL

- Accessory to knee flexion via IT band once knee is flexed to 30 degrees.
Assists in ER of knee.

Check the answer of this question online at QuizOver.com:
Question: [Secondary Action of TFL Set 4 Quest](#)

4.1.16. Adductor Longus Secondary action

Author: M Rhodes

Adductor Longus Secondary action

- Assists in hip flexion; Assists ER when hip is extended

Check the answer of this question online at QuizOver.com:
Question: [Adductor Longus Secondary act Set 4 Quest](#)

4.1.17. Gracilis Nerve and Root

Author: M Rhodes

Gracilis Nerve and Root

- Ant division of obturator n (L3 &4)

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

Question: [Gracilis Nerve and Root Set 4 Quest](#)

4.1.18. Primary action of TFL

Author: M Rhodes

Primary action of TFL

- Flexion, abduction and IR of thigh (hip)

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

Question: [Primary action of TFL Set 4 Quest](#)

4.1.19. Pectineus Secondary action

Author: M Rhodes

Pectineus Secondary action

- Accessory to hip flexion

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

Question: [Pectineus Secondary act Set 4 Quest](#)

4.1.20. Gluteus Maximus Nerve and Root

Author: M Rhodes

Gluteus Maximus Nerve and Root

- Inf Gluteal Nerve (L5,S1&2)

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

Question: [Gluteus Maximus Nerve and Root Set 4 Quest](#)

4.1.21. Primary action of Adductor Longus

Author: M Rhodes

Primary action of Adductor Longus

- Thigh (hip) adduction

Check the answer of this question online at QuizOver.com:
Question: [Primary action of Adductor Longus Set 4 Quest](#)

4.1.22. Primary Action of Gracilis

Author: M Rhodes

Primary Action of Gracilis

- Hip adduction, Knee flexion and IR

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

Question: [Primary Action of Gracilis Set 4 Quest](#)

4.1.23. Tensor Fascia Lata Nerve and Root

Author: M Rhodes

Tensor Fascia Lata Nerve and Root

- Superior Gluteal N. (L4 &5, S1)

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

Question: [Tensor Fascia Lata Nerve and Root Set 4 Quest](#)

4.1.24. Adductor Magnus (Upper and Middle fibers) Nerve and Root

Author: M Rhodes

Adductor Magnus (Upper and Middle fibers) Nerve and Root

- Posterior division of Obturator n (L3&4)

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

Question: [Adductor Magnus Upper and Middle fibers Nerve and Root Set 4 Quest](#)

4.1.25. Secondary Action of Quadratus Lumborum

Author: M Rhodes

Secondary Action of Quadratus Lumborum

- Extension of the trunk (bilateral)

Check the answer of this question online at QuizOver.com:
Question: [Secondary Action of Quadratus Lumborum Set 4 Quest](#)

4.1.26. Adductor Magnus primary action

Author: M Rhodes

Adductor Magnus primary action

- Adduction of hip

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

Question: [Adductor Magnus primary act Set 4 Quest](#)

4.1.27. Quadratus Lumborum Primary Action

Author: M Rhodes

Quadratus Lumborum Primary Action

- Elevation of the pelvis

Check the answer of this question online at QuizOver.com:
Question: [Quadratus Lumborum Primary Act Set 4 Quest](#)

4.1.28. Rectus Abdominis Primary Action

Author: M Rhodes

Rectus Abdominis Primary Action

- Assists with forced exhalation by compressing the abdominopelvic cavity

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

Question: [Rectus Abdominis Primary Act Set 4 Quest](#)