

Physiotherapy Flashcards Set 6

Author: M Rhodes

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4. Chapter: Physiotherapy Flashcards Set 6

1. Physiotherapy Flashcards Set 6 Questions

4.1.1. Biceps Femoris Long Head Nerve and Root

Author: M Rhodes

Biceps Femoris Long Head Nerve and Root

- Sciatic n (Tib %) (S1-3)

Check the answer of this question online at QuizOver.com:
Question: [Biceps Femoris Long Head Nerve and Root Set 6 Quest](#)

4.1.2. Biceps Femoris Short Head Nerve and Root

Author: M Rhodes

Biceps Femoris Short Head Nerve and Root

- Sciatic n (Fib %) - (L5S1&2)

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

Question: [Biceps Femoris Short Head Nerve and Root Set 6 Quest](#)

4.1.3. Biceps Femoris Long Head Primary Action

Author: M Rhodes

Biceps Femoris Long Head Primary Action

- Hip Extension, Knee flexion and ER of leg

Check the answer of this question online at QuizOver.com:
Question: [Biceps Femoris Long Head Primary Act Set 6 Quest](#)

4.1.4. Biceps Femoris Short Head Primary action

Author: M Rhodes

Biceps Femoris Short Head Primary action

- Knee Flexion and ER of leg

Check the answer of this question online at QuizOver.com:
Question: [Biceps Femoris Short Head Primary act Set 6 Quest](#)

4.1.5. Primary action of Biceps Femoris

Author: M Rhodes

Primary action of Biceps Femoris

- With SM and ST, it is a primary knee flexor

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

Question: [Primary action of Biceps Femoris Set 6 Quest](#)

4.1.6. Secondary action of Biceps Femoris

Author: M Rhodes

Secondary action of Biceps Femoris

- Hip ER

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

Question: [Secondary action of Biceps Femoris Set 6 Quest](#)

4.1.7. Semitendinosus Nerve and Root

Author: M Rhodes

Semitendinosus Nerve and Root

- Tibial % of Sciatic n. (L5,S1&2)

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

Question: [Semitendinosus Nerve and Root Set 6 Quest](#)

4.1.8. Semitendinosus Primary action

Author: M Rhodes

Semitendinosus Primary action

- Hip extension, Knee flexion & IR of the leg
 - * With bicipes femoris , is a primary knee flexor

Check the answer of this question online at QuizOver.com:
Question: [Semitendinosus Primary act Set 6 Quest](#)

4.1.9. Semitendinosus Secondary action

Author: M Rhodes

Semitendinosus Secondary action

- Hip IR

Check the answer of this question online at QuizOver.com:
Question: [Semitendinosus Secondary act Set 6 Quest](#)

4.1.10. Semimebranosus Nerve and Root

Author: M Rhodes

Semimebranosus Nerve and Root

- Tibial % of Sciatic (L5, S1&2)

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

Question: [Semimebranosus Nerve and Root Set 6 Quest](#)

4.1.11. Semimembranosus primary action

Author: M Rhodes

Semimembranosus primary action

- Hip extension, Knee flexion & IR of leg
 - * Wish ST and Biceps Femoris, is primary knee flexor.

Check the answer of this question online at QuizOver.com:
Question: [Semimembranosus primary act Set 6 Quest](#)

4.1.12. Semimembranosus secondary action

Author: M Rhodes

Semimembranosus secondary action

- Hip IR

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

Question: [Semimembranosus secondary act Set 6 Quest](#)

4.1.13. Rectus Femoris Nerve and Root

Author: M Rhodes

Rectus Femoris Nerve and Root

- Femoral (L2-4)

Check the answer of this question online at QuizOver.com:
Question: [Rectus Femoris Nerve and Root Set 6 Quest](#)

4.1.14. Rectus Femoris Primary action

Author: M Rhodes

Rectus Femoris Primary action

- Knee (leg) extension

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

Question: [Rectus Femoris Primary act Set 6 Quest](#)

4.1.15. Rectus Femoris Secondary action

Author: M Rhodes

Rectus Femoris Secondary action

- Hip (thigh) flexion

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

Question: [Rectus Femoris Secondary act Set 6 Quest](#)

4.1.16. Vastus Lateralis, Medialis, Brevis Nerve and Root

Author: M Rhodes

Vastus Lateralis, Medialis, Brevis Nerve and Root

- Femoral (L2-4)

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

Question: [Vastus Lateralis Medialis Brevis Nerve and Root Set 6 Quest](#)

4.1.17. Vastus Medialis. Lateralis and Intermedius Primary action

Author: M Rhodes

Vastus Medialis. Lateralis and Intermedius Primary action

- * Combined, primary knee extensors

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

Question: [Vastus Medialis. Lateralis and Intermedius Primary act Set 6 Quest](#)

4.1.18. Articularis Genu Nerve and Root

Author: M Rhodes

Articularis Genu Nerve and Root

- Femoral (L2-4)

Check the answer of this question online at QuizOver.com:
Question: [Articularis Genu Nerve and Root Set 6 Quest](#)

4.1.19. Articularis Genu Primary action

Author: M Rhodes

Articularis Genu Primary action

- Pulls capsule proximal preventing synovial membrane entrapment during knee extension

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

Question: [Articularis Genu Primary act Set 6 Quest](#)

4.1.20. Gastrocnemius Nerve and Root

Author: M Rhodes

Gastrocnemius Nerve and Root

- Tibial (S 1&2)

Check the answer of this question online at QuizOver.com:
Question: [Gastrocnemius Nerve and Root Set 6 Quest](#)

4.1.21. Primary action of Gastrocnemius

Author: M Rhodes

Primary action of Gastrocnemius

- PRIMARY ankle plantar flexor

Check the answer of this question online at QuizOver.com:
Question: [Primary action of Gastrocnemius Set 6 Quest](#)

4.1.22. Secondary action of Gastrocnemius

Author: M Rhodes

Secondary action of Gastrocnemius

- Assists in knee flexion

Check the answer of this question online at QuizOver.com:
Question: [Secondary action of Gastrocnemius Set 6 Quest](#)

4.1.23. Soleus Nerve and Root

Author: M Rhodes

Soleus Nerve and Root

- Tibial (S1&2)

Check the answer of this question online at QuizOver.com:
Question: [Soleus Nerve and Root Set 6 Quest](#)

4.1.24. Soleus primary action

Author: M Rhodes

Soleus primary action

- Plantar flexor of ankle

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

Question: [Soleus primary act Set 6 Quest](#)

4.1.25. Plantaris Nerve and Root

Author: M Rhodes

Plantaris Nerve and Root

- Tibial (L4 &5, S1)

Check the answer of this question online at QuizOver.com:
Question: [Plantaris Nerve and Root Set 6 Quest](#)

4.1.26. Plantaris primary action

Author: M Rhodes

Plantaris primary action

- Plantar flexion of ankle

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

Question: [Plantaris primary act Set 6 Quest](#)

4.1.27. Plantaris secondary action

Author: M Rhodes

Plantaris secondary action

- Weak accessory to knee flexion

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

Question: [Plantaris secondary act Set 6 Quest](#)

4.1.28. popliteus nerve and root

Author: M Rhodes

popliteus nerve and root

- Tibial (L4 &5, S1)

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

Question: [popliteus nerve and root Set 6 Quest](#)

4.1.29. Popliteus Primary action

Author: M Rhodes

Popliteus Primary action

- IR of leg, unlocking knee from extended position

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

Question: [Popliteus Primary act Set 6 Quest](#)

4.1.30. Secondary action of Popliteus

Author: M Rhodes

Secondary action of Popliteus

- Knee Flexion

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

Question: [Secondary action of Popliteus Set 6 Quest](#)

4.1.31. Tibialis Posterior

Author: M Rhodes

Tibialis Posterior

- Tibial (L5, S1)

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

Question: [Tibialis Posterior Set 6 Quest](#)

4.1.32. Tibialis Posterior Primary action

Author: M Rhodes

Tibialis Posterior Primary action

- Foot (ankle) inversion, Foot (ankle) plantar flexion
PRIMARY foot inverter/supinator

Check the answer of this question online at QuizOver.com:
Question: [Tibialis Posterior Primary act Set 6 Quest](#)

4.1.33. Fibularis Longus Nerve and Root

Author: M Rhodes

Fibularis Longus Nerve and Root

- Superficial Fibular (L4 &5, S1)

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

Question: [Fibularis Longus Nerve and Root Set 6 Quest](#)

4.1.34. Primary action of Fibularis Longus

Author: M Rhodes

Primary action of Fibularis Longus

- PRIMARY foot everter/pronator- Foot (ankle) aversion & plantar flexion

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

Question: [Primary action of Fibularis Longus Set 6 Quest](#)

4.1.35. Fibularis Longus Secondary action

Author: M Rhodes

Fibularis Longus Secondary action

- Depression of the 1st metatarsal

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

Question: [Fibularis Longus Secondary act Set 6 Quest](#)

4.1.36. Fibularis Brevis Nerve and Root

Author: M Rhodes

Fibularis Brevis Nerve and Root

- Superficial Fibular (L4 &5, S1)

Check the answer of this question online at QuizOver.com:
Question: [Fibularis Brevis Nerve and Root Set 6 Quest](#)

4.1.37. Fibularis Brevis Primary action

Author: M Rhodes

Fibularis Brevis Primary action

- Ankle Eversion

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

Question: [Fibularis Brevis Primary act Set 6 Quest](#)

4.1.38. Fibularis Brevis Secondary action

Author: M Rhodes

Fibularis Brevis Secondary action

- Accessory to ankle plantar flexion

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

Question: [Fibularis Brevis Secondary act Set 6 Quest](#)

4.1.39. Fibularis Tertius Nerve and Root

Author: M Rhodes

Fibularis Tertius Nerve and Root

- Deep Fibular (L4 & 5, S1)

Check the answer of this question online at QuizOver.com:
Question: [Fibularis Tertius Nerve and Root Set 6 Quest](#)

4.1.40. Fibularis Tertius primary action

Author: M Rhodes

Fibularis Tertius primary action

- Eversion of foot and ankle dorsiflexion

Check the answer of this question online at QuizOver.com:
Question: [Fibularis Tertius primary act Set 6 Quest](#)

4.1.41. Tibialis Anterior Nerve and Root

Author: M Rhodes

Tibialis Anterior Nerve and Root

- Deep Fibular (L4&5, S1)

Check the answer of this question online at QuizOver.com:
Question: [Tibialis Anterior Nerve and Root Set 6 Quest](#)

4.1.42. Primary action of Tibialis Anterior

Author: M Rhodes

Primary action of Tibialis Anterior

- ankle dorsiflexion and inversion
PRIMARY ankle dorsiflexor

Check the answer of this question online at QuizOver.com:
Question: [Primary action of Tibialis Anterior Set 6 Quest](#)