

Video: Muscles and Joint Actions of the Hip

Sample Multiple Choice Questions

1. When you are walking, you lift your leg to take a step forward. A synergist of this movement is the...
 - a. pectineus
 - b. gracilis
 - c. rectus femoris
 - d. biceps femoris

2. When you are ice skating, the joint action / agonist muscle involved in pushing you forward is...
 - a. hip extension / gluteus maximus
 - b. hip flexion / iliopsoas
 - c. hip extension / semitendinosus
 - d. hip flexion / adductor longus

3. If you are sitting at your computer, what is the position of the legs?
 - a. Hip abduction, knee flexion
 - b. hip flexion, knee flexion
 - c. hip abduction, knee extension
 - d. hip flexion, knee extension

4. When doing a side-lying leg lift exercise (you are lying on your side, lifting your top leg up and down), one technical cue is to point your toes down and lead up with your heel. Why is this important?
 - a. So the knee doesn't flex too much
 - b. So the agonist is the gluteus medius instead of the iliopsoas
 - c. So one of the synergists is the adductor group
 - d. So the agonist is the iliopsoas instead of the gluteus medius