

## Video: Muscles and Joint Actions of the Elbow, Knee, and Ankle

### Sample Multiple Choice Questions

1. When the angle between the radius and the humerus bones decreases, this joint action is called...

- a. Ankle hyperextension
- b. Elbow extension
- c. Ankle dorsiflexion
- d. Elbow flexion

2. What is the joint action and agonist of this exercise?



(start)



(finish)

- a. Elbow extension, triceps brachii
- b. Elbow extension, biceps brachii
- c. Elbow flexion, triceps brachii
- d. Elbow flexion, biceps brachii

3. When kicking a ball that is on the ground, the action at the knee joint is...

- a. Extension
- b. Hyperextension
- c. Plantar flexion
- d. Dorsiflexion

4. The action of the knee during the concentric phase of a squat exercise is...
- a. Extension
  - b. Hyperextension
  - c. Plantar flexion
  - d. Dorsiflexion
5. The action of the ankle and agonist muscle during the eccentric phase of a calf raise exercise is...
- a. Extension, soleus
  - b. Hyperextension, gastrocnemius
  - c. Plantar flexion, soleus
  - d. Dorsiflexion, gastrocnemius

Answers, image attributions:  
1 d 2 a 3 a 4 a 5 d  
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