

## Video: Muscles and Joint Actions of the Shoulder

### Sample Multiple Choice Questions

1. When reaching for something on a high shelf, the muscles used and joint action of the shoulder are...
  - a. Anterior deltoid, horizontal flexion
  - b. Anterior deltoid, flexion
  - c. Latissimus dorsi, horizontal adduction
  - d. Latissimus dorsi, adduction.
  
2. During the concentric phase (up, against gravity) of a wide stance push-up, the muscles used and joint action of the shoulder is...
  - a. Posterior deltoid, horizontal abduction
  - b. Pectoralis major, Abduction
  - c. Pectoralis major, horizontal adduction
  - d. Posterior deltoid, adduction
  
3. If you are sitting at your computer with poor upper body posture, which best describes the position of the shoulder joint? It is...
  - a. medially rotated
  - b. laterally rotated
  - c. superiorly rotated
  - d. inferiorly rotated