

Video: Muscles and Joint Actions of the Spine

Sample Multiple Choice Questions

1. Moving from a supine to a seated position involves _____ of the spine.
 - a. flexion
 - b. extension
 - c. lateral flexion
 - d. rotation

2. "Shoulder checking" while changing lanes when you are driving involves _____ of the _____ spine.
 - a. rotation, lumbar
 - b. rotation, cervical
 - c. lateral flexion, cervical
 - d. lateral flexion, thoracic

3. The agonist of abdominal compression during a plank exercise is the...
 - a. erector spinae
 - b. rectus abdominis
 - c. oblique abdominis
 - d. transverse abdominis

4. The prime mover of an abdominal crunch exercise is the...
 - a. erector spinae
 - b. rectus abdominis
 - c. oblique abdominis
 - d. transverse abdominis