

CHAPTER 1 Basic Information

Multiple Choice

Select the one best choice that completes the statement or answers the question.

- Osteokinematic motions include:
 - Roll
 - Spin
 - Flexion
 - Glide
- The frontal axis passes _____ through the _____ plane.
 - Top to bottom, horizontal
 - Front to back, frontal
 - Side to side, frontal
 - Side to side, sagittal
- In which plane do scapular elevation and depression occur?
 - Horizontal
 - Frontal
 - Transverse
 - Sagittal
- The anatomical position is:
 - Supine
 - Prone
 - The starting position for movements
 - The position of ideal posture
- How many degrees of freedom does a biaxial joint have?
 - 1
 - 2
 - 3
 - 4
- Which motions typically occur in the frontal plane?
 - Flexion-extension
 - Circumduction
 - Medial-lateral rotation
 - Abduction-adduction
- The head is _____ to the pelvis.
 - Medial
 - Caudal
 - Superior
 - Ventral
- The sagittal plane passes through the body:
 - Horizontally, dividing the body into top and bottom portions
 - Diagonally, dividing the body into triangular portions
 - Vertically, dividing the body into front and back portions
 - Vertically, dividing the body into right and left portions
- The osteokinematic motion of extension is defined as movement of limb segment surfaces _____.
 - Anterior – away from each other
 - Posterior – away from each other
 - Anterior – towards each other
 - Lateral – away from each other

10. Which of the following motions does not conform to the definition of that motion?
- a. Knee extension
 - b. Hip lateral rotation
 - c. Shoulder flexion
 - d. Elbow extension
11. An individual sitting on a high stool swinging their feet is an example of:
- a. Closed kinetic chain
 - b. Contralateral movement
 - c. Open kinetic chain
 - d. Anatomical position
12. When measuring range of motion, the anatomical position is what degree position?
- a. 180
 - b. 0
 - c. 90
 - d. 120
13. The vertical axis passes through the plane:
- a. Front to back – sagittal
 - b. Side to side – horizontal
 - c. Side to side – frontal
 - d. Superior to inferior – horizontal
14. The biceps brachii muscle is _____ to the skin and _____ to bone.
- a. Superior, inferior
 - b. Caudal, cranial
 - c. Deep, superficial
 - d. Proximal, distal
15. Within which plane, and about which axis, does trunk lateral flexion occur?
- a. Frontal – sagittal
 - b. Horizontal – vertical
 - c. Sagittal – frontal
 - d. Frontal – horizontal
16. The osteokinematic motion of abduction is defined as movement of a limb segment _____ the midline.
- a. Away from
 - b. Superior to
 - c. Toward
 - d. Inferior to
17. In how many planes does a triaxial joint have motion?
- a. 4
 - b. 3
 - c. 2
 - d. 1
18. Which motions typically occur in the sagittal plane?
- a. Abduction-adduction
 - b. Protraction-retraction
 - c. Horizontal abduction-adduction
 - d. Flexion-extension
19. The right hand is _____ to the left hand and _____ to the right foot.
- a. Medial, lateral
 - b. Proximal, distal
 - c. Contralateral, ipsilateral
 - d. Ventral, dorsal
20. Within which plane, and about which axis, do medial and lateral rotation occur?
- a. Frontal – vertical
 - b. Horizontal – vertical
 - c. Horizontal – sagittal
 - d. Sagittal – frontal

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Answer Section

1. Ans: C
2. Ans: D
3. Ans: B
4. Ans: C
5. Ans: B
6. Ans: D
7. Ans: C
8. Ans: D
9. Ans: A
10. Ans: A
11. Ans: C
12. Ans: B
13. Ans: D
14. Ans: C
15. Ans: A
16. Ans: A
17. Ans: B
18. Ans: D
19. Ans: C
20. Ans: B