

## CHAPTER 1 Basic Information

### Multiple Choice

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

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