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Pectoralis Major

MULTIPLE CHOICE

1. Which muscle is divided into three segments: clavicular, sternal and costal?
   a. trapezius
   b. pectoralis minor
   c. pectoralis major
   d. serratus anterior

   ANS: C PTS: 1 REF: p. 89

2. Which muscle is an antagonist to itself?
   a. pectoralis major
   b. pectoralis minor
   c. serratus anterior
   d. rhomboid major

   ANS: A PTS: 1 REF: p. 89

3. Which of the following is a part of the origin of the pectoralis major?
   a. cartilage of ribs 7 - 12
   b. medial half of clavicle and sternum
   c. sternum, xiphoid process and linea alba
   d. lateral half of clavicle and coracoid process

   ANS: B PTS: 1 REF: p. 89

4. Which is the insertion of the pectoralis major?
   a. crest of greater tubercle of humerus
   b. lesser tubercle of humerus
   c. shaft of the humerus
   d. intertubercular groove of humerus

   ANS: A PTS: 1 REF: p. 89

5. Which of the following is an action of the pectoralis major's upper fibers?
   a. horizontally abduct the shoulder
   b. horizontally adduct the shoulder
   c. extend the shoulder
   d. laterally rotate the shoulder

   ANS: B PTS: 1 REF: p. 89

6. What is the MOST important aspect of your approach to palpating near breast tissue?
   a. awareness of nipple location
   b. communication with partner
   c. positioning
   d. draping

   ANS: B PTS: 1 REF: p. 90

7. If you follow the fibers of pectoralis major laterally, they blend with the fibers of which muscle?
   a. deltoid

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b. subscapularis
c. latissimus dorsi
d. pectoralis minor

ANS: A PTS: 1 REF: p. 90

8. Flexing the shoulder and pulling the arm anteriorly while palpating the pectoralis major in a sidelying position has what benefit?
a. less risk of brachial plexus impingement
b. allows better access to subclavius
c. brings pectoralis major off the chest wall while breast tissue falls away from area
d. provides greater access to the sternal segment

ANS: C PTS: 1 REF: p. 91

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Bones of the Shoulder & Arm

MULTIPLE CHOICE

1. The three bones that make up the shoulder complex are the clavicle, scapula and _____?
   a. sternum
   b. rib
   c. humerus
   d. vertebra

   ANS: C PTS: 1 REF: p. 48

2. Both sternoclavicular and acromioclavicular are what type of joints?
   a. synovial
   b. cartilaginous
   c. fibrous
   d. hinge

   ANS: A PTS: 1 REF: p. 48

3. Which joint is the single attachment between the axial and appendicular skeletons?
   a. scapulothoracic
   b. glenohumeral
   c. sternocostal
   d. sternoclavicular

   ANS: D PTS: 1 REF: p. 48

4. Which joint is formed where the humerus and scapula meet?
   a. acromioclavicular
   b. scapulothoracic
   c. glenohumeral
   d. sternoclavicular

   ANS: C PTS: 1 REF: p. 48

5. The scapula serves as an attachment site for how many muscles?
   a. 5
   b. 9
   c. 12
   d. 16

   ANS: D PTS: 1 REF: p. 48

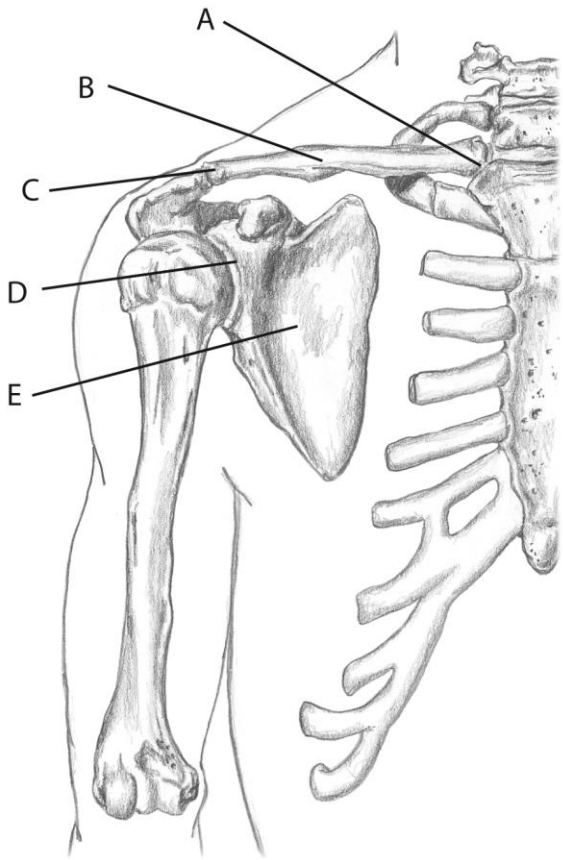
6. Which bone of the shoulder region is the last of the skeletal system to completely develop?
   a. clavicle
   b. scapula
   c. humerus
   d. sternum

   ANS: A PTS: 1 REF: p. 48

COMPLETION

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Please identify the following structure(s).



1. A

   ANS:
   sternoclavicular (S/C) joint
   sternoclavicular joint
   S/C joint

   PTS: 1

2. B

   ANS: clavicle

   PTS: 1

3. C

   ANS:
   acromioclavicular (A/C) joint
   acromioclavicular joint
   A/C joint

   PTS: 1

4. D

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ANS: glenohumeral joint

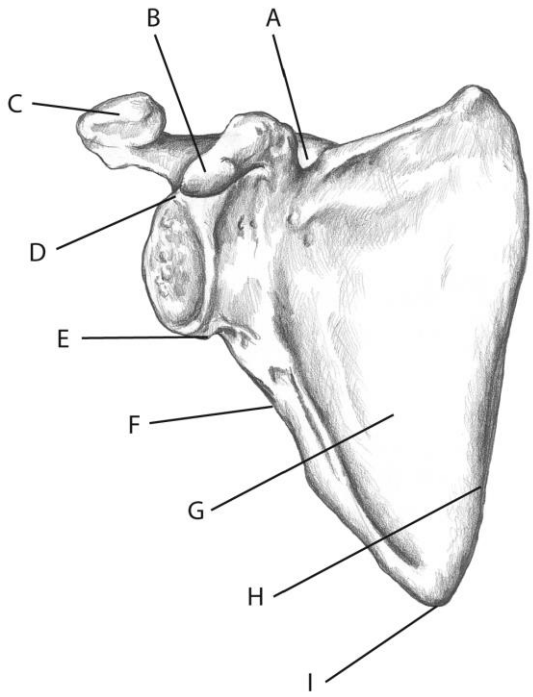
PTS: 1

5. E

ANS: scapula

PTS: 1

Please identify the following structure(s).



6. A

ANS: superior notch

PTS: 1

7. B

ANS: coracoid process

PTS: 1

8. C

ANS: acromion

PTS: 1

9. D

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ANS: supraglenoid tubercle

PTS: 1

10. E

ANS: infraglenoid tubercle

PTS: 1

11. F

ANS: lateral border

PTS: 1

12. G

ANS: subscapular fossa

PTS: 1

13. H

ANS: medial border

PTS: 1

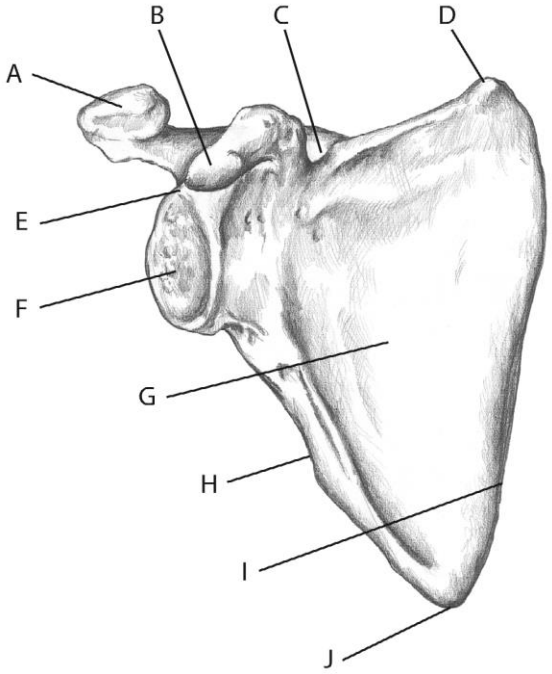
14. I

ANS: inferior angle

PTS: 1

Please identify the following structure(s).

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15. A

    ANS: acromion

    PTS: 1

16. B

    ANS: coracoid process

    PTS: 1

17. C

    ANS: superior notch

    PTS: 1

18. D

    ANS: superior angle

    PTS: 1

19. E

    ANS: supraglenoid tubercle

    PTS: 1

20. F

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ANS: glenoid cavity

PTS: 1

21. G

ANS: subscapular fossa

PTS: 1

22. H

ANS: lateral border

PTS: 1

23. I

ANS: medial border

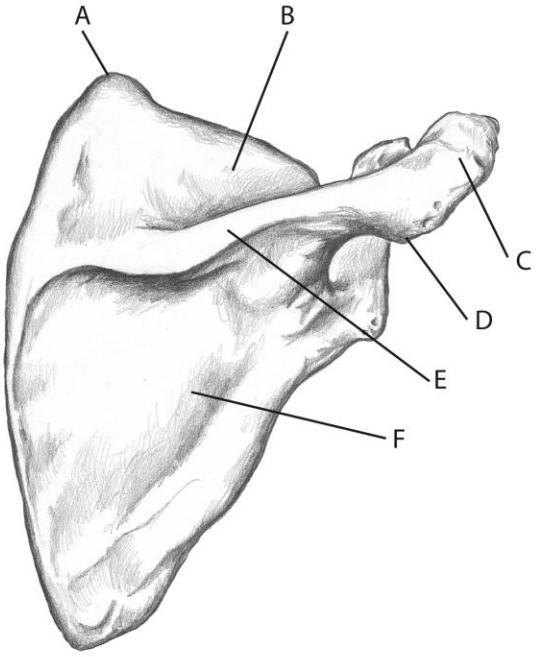
PTS: 1

24. J

ANS: inferior angle

PTS: 1

Please identify the following structure(s).



25. A

ANS: superior angle

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PTS: 1

26. B

ANS: supraspinous fossa

PTS: 1

27. C

ANS: acromion

PTS: 1

28. D

ANS: acromial angle

PTS: 1

29. E

ANS: spine of the scapula

PTS: 1

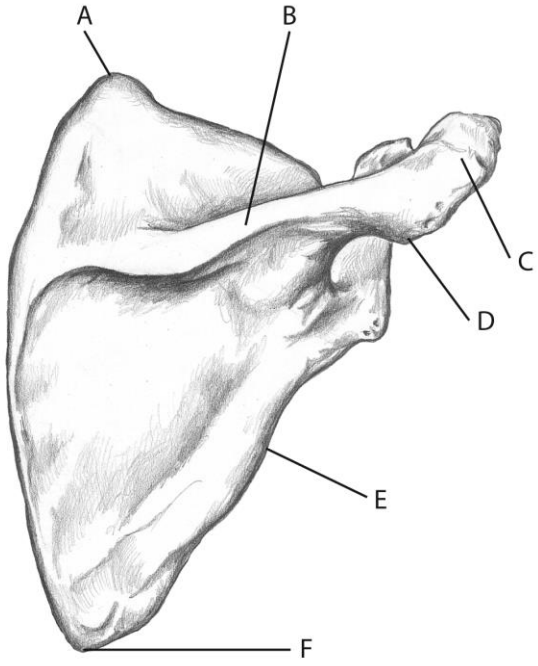
30. F

ANS: infraspinous fossa

PTS: 1

Please identify the following structure(s).

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31. A

    ANS: superior angle

    PTS: 1

32. B

    ANS: spine of the scapula

    PTS: 1

33. C

    ANS: acromion

    PTS: 1

34. D

    ANS: acromial angle

    PTS: 1

35. E

    ANS: lateral border

    PTS: 1

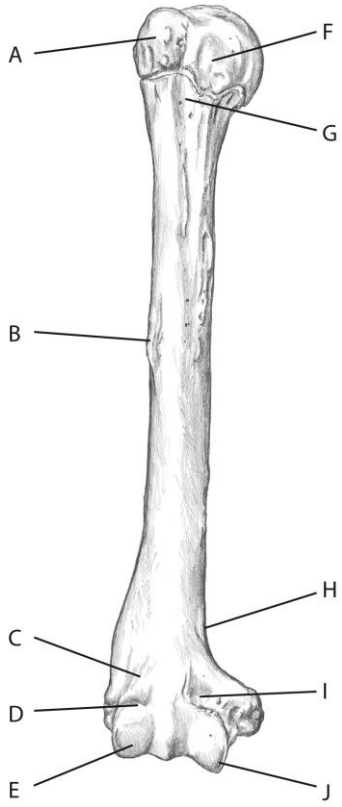
36. F

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ANS: inferior angle

PTS: 1

Please identify the following structure(s).



37. A

ANS: greater tubercle

PTS: 1

38. B

ANS: deltoid tuberosity

PTS: 1

39. C

ANS: lateral condyle

PTS: 1

40. D

ANS: radial fossa

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PTS: 1

41. E

ANS: capitulum

PTS: 1

42. F

ANS: lesser tubercle

PTS: 1

43. G

ANS: intertubercular groove

PTS: 1

44. H

ANS: medial supracondylar ridge

PTS: 1

45. I

ANS: coronoid fossa

PTS: 1

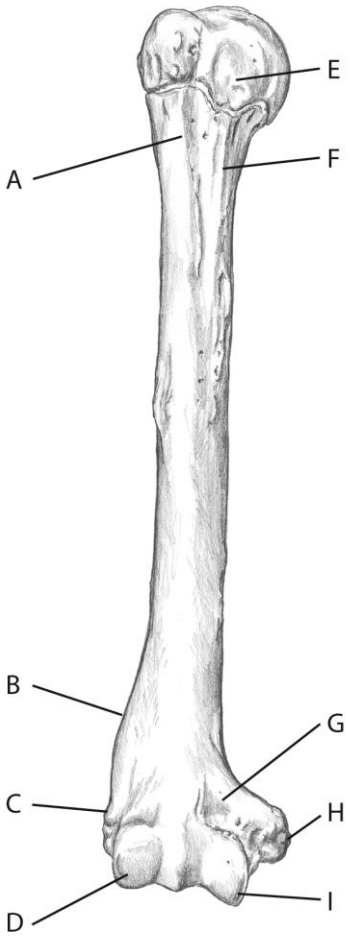
46. J

ANS: trochlea

PTS: 1

Please identify the following structure(s).

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47. A

ANS: crest of greater tubercle

PTS: 1

48. B

ANS: lateral supracondylar ridge

PTS: 1

49. C

ANS: lateral epicondyle

PTS: 1

50. D

ANS: capitulum

PTS: 1

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51. E

ANS: lesser tubercle

PTS: 1

52. F

ANS: crest of lesser tubercle

PTS: 1

53. G

ANS: medial condyle

PTS: 1

54. H

ANS: medial epicondyle

PTS: 1

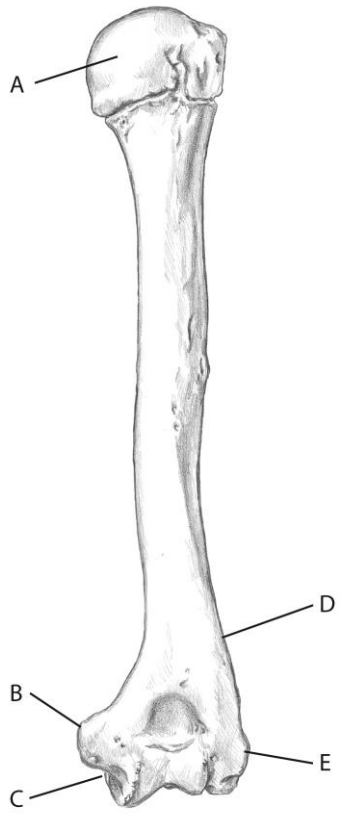
55. I

ANS: trochlea

PTS: 1

Please identify the following structure(s).

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56. A

ANS: head of humerus

PTS: 1

57. B

ANS: medial epicondyle

PTS: 1

58. C

ANS: groove for ulnar nerve

PTS: 1

59. D

ANS: lateral supracondylar ridge

PTS: 1

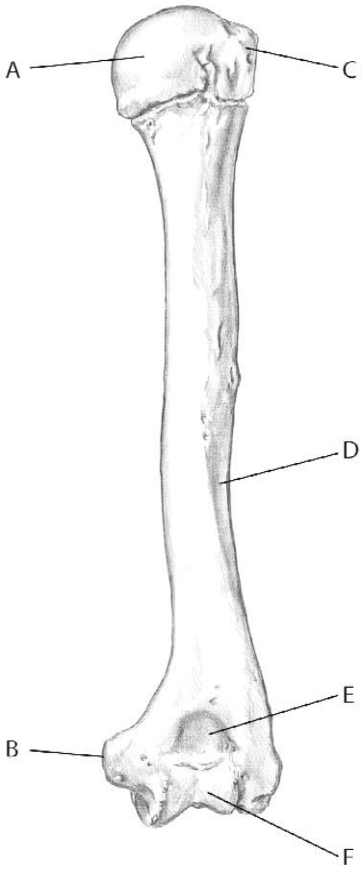
60. E

ANS: lateral epicondyle

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PTS: 1

Please identify the following structure(s).



61. A

ANS: head of the humerus

PTS: 1

62. B

ANS: medial epicondyle

PTS: 1

63. C

ANS: greater tubercle

PTS: 1

64. D

ANS: groove for radial nerve

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PTS: 1

65. E

ANS: olecranon fossa

PTS: 1

66. F

ANS: trochlea

PTS: 1

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