

ANATOMY OIAN PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which muscle has short head from the coracoid process and long head from the supraglenoid tubercle, inserts on the radial tuberosity, and flexes the elbow while supinating the forearm?**
 - A. Coracobrachialis
 - B. Triceps Brachii
 - C. Biceps Brachii
 - D. Brachialis

- 2. Which muscle originates from ribs 3-5 and inserts on the coracoid process, protracts and depresses the scapula?**
 - A. Pectoralis Minor
 - B. Pectoralis Major
 - C. Serratus Anterior
 - D. Subclavius

- 3. Which muscle inserts at the base of the 5th metacarpal and extends the wrist with ulnar deviation?**
 - A. Extensor Carpi Ulnaris
 - B. Extensor Digitorum
 - C. Flexor Digitorum Superficialis
 - D. Flexor Carpi Radialis

- 4. The posterior scalene inserts on which rib?**
 - A. First rib
 - B. Second rib
 - C. Third rib
 - D. Clavicle

- 5. Which muscle originates from the first rib and depresses the clavicle?**
 - A. Subclavius
 - B. Pectoralis Minor
 - C. Serratus Anterior
 - D. Pectoralis Major

- 6. Which muscle originates from the coracoid process, inserts on the medial humerus, and flexes and adducts the shoulder?**
- A. Coracobrachialis
 - B. Subclavius
 - C. Pectoralis Minor
 - D. Serratus Anterior
- 7. Which nerve innervates the Adductor Longus?**
- A. Obturator nerve (L2-4)
 - B. Femoral nerve (L2-4)
 - C. Superior gluteal nerve
 - D. Nerve to piriformis
- 8. Which muscle performs inversion and plantarflexion of the foot?**
- A. Tibialis Posterior
 - B. Tibialis Anterior
 - C. Extensor Digitorum Longus
 - D. Flexor Hallucis Longus
- 9. Which muscle originates from the lateral distal fibula and inserts on the base of the fifth metatarsal?**
- A. Tibialis Anterior
 - B. Extensor Digitorum Longus
 - C. Fibularis Brevis
 - D. Extensor Hallucis Longus
- 10. Which nerve innervates Vastus Intermedius according to the material?**
- A. Tibial nerve
 - B. Common fibular nerve
 - C. Femoral nerve
 - D. Sciatic nerve

Answers

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1. C
2. A
3. A
4. B
5. A
6. A
7. A
8. A
9. C
10. C

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Explanations

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1. Which muscle has short head from the coracoid process and long head from the supraglenoid tubercle, inserts on the radial tuberosity, and flexes the elbow while supinating the forearm?

- A. Coracobrachialis
- B. Triceps Brachii
- C. Biceps Brachii**
- D. Brachialis

The key idea here is identifying a muscle by its origins, insertion, and combined actions. The described pattern—short head arising from the coracoid process and long head from the supraglenoid tubercle, with insertion on the radial tuberosity—points to a muscle that crosses the elbow and also rotates the forearm. That muscle is the biceps brachii. Its tendon inserts on the radial tuberosity (and a bicipital aponeurosis extends distally), which enables powerful elbow flexion. Because the muscle attaches to the radius, its contraction also supinates the forearm, especially when the elbow is flexed. The other muscles don't fit this profile: coracobrachialis originates from the coracoid but inserts on the humerus and acts on the shoulder; triceps brachii has an infraglenoid head and inserts on the olecranon to extend the elbow; brachialis originates on the humerus and inserts on the coronoid process to flex the elbow but does not supinate.

2. Which muscle originates from ribs 3-5 and inserts on the coracoid process, protracts and depresses the scapula?

- A. Pectoralis Minor**
- B. Pectoralis Major
- C. Serratus Anterior
- D. Subclavius

Where a muscle attaches (origin and insertion) determines what movement it can produce on the scapula. Pectoralis minor fits this description precisely. It originates from ribs 3–5 and inserts on the coracoid process of the scapula. From that attachment pattern, its fibers pull the scapula forward (protraction) and downward (depression). This helps stabilize the shoulder girdle against the thoracic wall and can assist in deep inspiration when the scapula is fixed. The other muscles don't match this combination: pectoralis major has a broad origin and inserts on the humerus, not the coracoid; serratus anterior inserts on the anterior medial border of the scapula (not the coracoid) and protracts the scapula but with a different insertion; subclavius inserts on the clavicle and depresses it, not the scapula.

3. Which muscle inserts at the base of the 5th metacarpal and extends the wrist with ulnar deviation?

- A. Extensor Carpi Ulnaris**
- B. Extensor Digitorum
- C. Flexor Digitorum Superficialis
- D. Flexor Carpi Radialis

Extensor carpi ulnaris is the muscle that inserts at the base of the fifth metacarpal, and its action is to extend the wrist while adducting the hand toward the ulna (ulnar deviation). The tendon's placement at the base of the fifth metacarpal means when it contracts, it pulls that part of the hand toward the little finger side and simultaneously extends the wrist. That combination matches the described movement. Extensor digitorum can extend the fingers and assist with some wrist extension, but its tendon attaches to the extensor expansions of the digits rather than the base of the fifth metacarpal, so it doesn't produce the same ulnar deviation. Flexor digitorum superficialis is a finger flexor, not a wrist extensor, and flexes the fingers via the middle phalanges. Flexor carpi radialis flexes and abducts the wrist (radial deviation) and attaches to the bases of the second and third metacarpals, not the base of the fifth metacarpal or the action described.

4. The posterior scalene inserts on which rib?

- A. First rib
- B. Second rib**
- C. Third rib
- D. Clavicle

The key idea is where the posterior scalene attaches. It runs from the transverse processes of the lower cervical vertebrae and inserts on the outer surface of the second rib. That insertion on the second rib explains why this muscle helps elevate that rib during deep or forced inspiration, aiding thoracic expansion. The first rib is the insertion point for the other scalenes (anterior and middle), which is why it wouldn't be correct for the posterior scalene. The clavicle isn't a rib at all and isn't the insertion for the scalene muscles. A third rib isn't the insertion for the posterior scalene either.

5. Which muscle originates from the first rib and depresses the clavicle?

- A. Subclavius**
- B. Pectoralis Minor
- C. Serratus Anterior
- D. Pectoralis Major

Subclavius starts from the first rib and attaches to the inferior surface of the clavicle, so its primary action is to pull the clavicle downward and stabilize the shoulder girdle during arm movements. This depressor role fits the question exactly. The other muscles come from different ribs or have different primary actions: pectoralis minor originates on ribs 3–5 and attaches to the coracoid process to protract and depress the scapula; serratus anterior originates on ribs 1–9 and protracts/rotates the scapula; pectoralis major arises from the clavicle, sternum, and upper ribs and mainly acts on the humerus rather than depressing the clavicle.

6. Which muscle originates from the coracoid process, inserts on the medial humerus, and flexes and adducts the shoulder?

- A. Coracobrachialis**
- B. Subclavius
- C. Pectoralis Minor
- D. Serratus Anterior

This question targets understanding how where a muscle starts and ends determines its action at the shoulder. The muscle that starts on the coracoid process and attaches to the medial surface of the humerus is the coracobrachialis. Because its tendon crosses the shoulder joint from a superior/medial origin to the inner mid-humeral shaft, it pulls the arm forward (flexion) and toward the body's midline (adduction) at the glenohumeral joint. An additional context: the coracobrachialis is in the anterior arm and is innervated by the musculocutaneous nerve, which fits with its role in shoulder flexion and adduction. The other muscles don't fit this origin–insertion pattern or the action. Subclavius comes from the first rib and inserts on the clavicle, so it stabilizes the clavicle rather than moving the arm. Pectoralis Minor also attaches to the coracoid from the ribs but acts mainly to stabilize and move the scapula, not to flex or adduct the shoulder. Serratus Anterior originates on the ribs and inserts along the anterior medial border of the scapula, moving the scapula rather than the humerus.

7. Which nerve innervates the Adductor Longus?

- A. Obturator nerve (L2-4)**
- B. Femoral nerve (L2-4)
- C. Superior gluteal nerve
- D. Nerve to piriformis

Adductor longus is a medial thigh muscle whose primary job is thigh adduction. It receives its motor supply from the obturator nerve, which comes from the L2 to L4 spinal levels. After forming in the lumbar plexus, the obturator nerve travels through the pelvic cavity and exits via the obturator canal, dividing to innervate most of the medial thigh muscles, including adductor longus. That's why the obturator nerve is the correct answer. The other nerves listed don't innervate this muscle: the femoral nerve powers the anterior thigh muscles, the superior gluteal nerve supplies the gluteal muscles, and the nerve to piriformis innervates the piriformis.

8. Which muscle performs inversion and plantarflexion of the foot?

- A. Tibialis Posterior**
- B. Tibialis Anterior
- C. Extensor Digitorum Longus
- D. Flexor Hallucis Longus

Inversion of the foot (sole turning inward) combined with plantarflexion (pointing the foot downward) is best produced by the tibialis posterior. This muscle lies in the deep posterior compartment and its tendon travels behind the medial malleolus to insert on the navicular and other midfoot tarsals. When it contracts, it pulls the hindfoot and midfoot into inversion while assisting with plantarflexion at the ankle, and it also helps support the medial arch for stability during gait. Tibialis anterior mainly dorsiflexes the foot and can invert, but its primary action is lifting the foot upward rather than pushing it downward. Extensor digitorum longus extends the toes and dorsiflexes and everts, not inversion paired with plantarflexion. Flexor hallucis longus plantarflexes the foot and inverts, but its main role is flexing the big toe, not serving as the principal inverter with plantarflexion.

9. Which muscle originates from the lateral distal fibula and inserts on the base of the fifth metatarsal?

- A. Tibialis Anterior
- B. Extensor Digitorum Longus
- C. Fibularis Brevis**
- D. Extensor Hallucis Longus

Fibularis brevis is the muscle that matches this attachment pattern. It starts from the distal lateral aspect of the fibula and the surrounding intermuscular septa, then inserts on the tuberosity at the base of the fifth metatarsal. This positioning makes it a primary evtor of the foot and a contributor to plantarflexion. The base of the fifth metatarsal is a distinctive insertion for this muscle, setting it apart from other leg muscles in this region. For comparison, the other muscles listed attach to different bones or digits (for example, tibialis anterior inserts near the first metatarsal and medial cuneiform, extensor digitorum longus extends digits 2–5, and extensor hallucis longus extends the big toe), so they don't fit the described origin and insertion.

10. Which nerve innervates Vastus Intermedius according to the material?

- A. Tibial nerve
- B. Common fibular nerve
- C. Femoral nerve**
- D. Sciatic nerve

The key idea is the nerve supply of the quadriceps, which powers knee extension. Vastus intermedius is one of the four quadriceps muscles, and it receives motor input from the femoral nerve, just like the other quadriceps muscles. The femoral nerve originates from L2–L4 in the lumbar plexus and travels to the anterior thigh to innervate the quadriceps group. The tibial nerve and the common fibular nerve are branches of the sciatic nerve and mainly supply the posterior compartment of the thigh and most of the leg. The sciatic nerve itself primarily serves the posterior thigh and most leg muscles, not the anterior compartment where the quadriceps reside. Therefore, those nerves do not innervate vastus intermedius.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://anatomyoian.examzify.com>

We wish you the very best on your exam journey. You've got this!

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