**HUMAN ANATOMY PAPER 1**

1. The anterior end of superior border of ilium is a landmark that gives attachment to
2. The Bulbospongiosus
3. **The Sartorius and inguinal ligaments**
4. The Gluteus medius
5. The Rectus femoris.
6. Some structures convert the great sciatic notch into foramina. Which are these structures?
7. The obturator internus
8. The obturator externus.
9. The conjoined ramus.
10. **The sacrum, the sacrospinous ligament and the sacrotuberous ligament.**
11. The ossification of the hip bone starts before birth from three primary centres. When does the centre for the superior pubic ramus appear?
12. 3rd month.
13. 8th month
14. **5th month or 6th month.**
15. 8th week.
16. The fibula of a human presents three surfaces and three borders. Which of the following structures attaches to its lateral surface?
17. The tibialis posterior.
18. The Gastrocnemius.
19. **The peroneous longus and peroneous brevis.**
20. The lateral portion of the interosseous membrane.
21. The tibia, the concave area on the posterior surface of the fibula between the medial crest and the interosseous border gives origin to
22. The plantaris.
23. The peroneous longus.
24. The peroneous brevis.
25. **The tibialis posterior.**
26. The tuber calcanei has two processes - the medial and lateral processes. Which structures attach to the medial process?
27. Abductor digiti minimi.
28. The planter aponeurosis.
29. Peroneus longus tendon.
30. **Abductor hallucis and flexor digitorum brevis.**
31. All the metatarsals are well ossified at birth. When do their primary ossification centres appear?
32. 2nd week of intrauterine life
33. 8th month of intrauterine life.
34. **8th week of intrauterine life**
35. Just before birth.
36. Which of the following deformities of toes is common with people who don’t wear shoes?
37. **Hallux valgus.**
38. Tallipes equno-varus.
39. Hallux varus.
40. Tallipes equno-valgus.
41. Where does the rectus femoris insert?
42. **Upper border of patella via quadriceps tendon and the tibial tuberosity via patella ligament**
43. Lateral femoral condyle.
44. Both a and b.
45. None of the above.
46. In the proper anatomical position, the thumbs point
47. Superiorly
48. Inferiorly
49. Medially
50. **Laterally**
51. The medial wall of the anatomical snuffbox consists of the tendon from
52. **Extensor pollicis brevis**
53. Flexor pollicis longus
54. Extensor pollicis longus
55. Adductor pollicis longus
56. The muscles responsible for adduction of the fingers are
57. Opponens pollicis
58. Lumbricals
59. Dorsal interrossei
60. **Palmar interrossei**
61. Which of the following muscles is the most active when turning a key clockwise using the Right hand?
62. Anconeus
63. Pronator quadratus
64. **Supinator**
65. Pronator Teres
66. Which of the following nerves supplies all the anterior muscles of the upper arm?
67. **Musculocutenous nerve**
68. Radial nerve
69. Median nerve
70. Anterior interosseous nerve
71. During which of the following stages of pregnancy does the embryo undergo rapid developmental changes?
72. **First trimester**
73. Second trimester
74. Third trimester
75. Fertilization
76. After fertilization has occurred, there are processes that are involved in the transformation of the fertilized ovum into the newborn. The process by which the cells develop special characteristics that allow them to perform special functions is known as
77. Growth
78. Maturation
79. Division
80. **Differentiation**
81. Which of the following types of epithelium is found in the lining of the respiratory tract?
82. Cuboidal
83. **Ciliated**
84. Columnar
85. Transitional
86. Which of the following best describes the type of the synovial joint formed by the articulation of the radius and the scaphoid?
87. Saddle
88. **Ellipsoid**
89. Condylar
90. Hinge
91. All movable joints have a range of movement that is considered normal. However, joints are prevented from moving past these ranges by some factors. Which of the following is not a normal limitation to joint range of movement?
92. Fleshy contacts
93. Shape of the articular surfaces
94. Muscle tension
95. **empty endfeel**
96. Which muscle prevents the pelvis from dropping on the opposite side when standing on one leg?
97. Gluteus maximus
98. **Gluteus medius**
99. Obturator internus
100. Piriformis
101. Which of the following muscles attaches the clavicle to the first rib?
102. Pectoralis major
103. **Subclavius**
104. Coracobrachialis
105. Pectoralis minor
106. Which of the following muscles stabilizes the scapula against the rib cage?
107. Subclavius
108. **Serratus anterior**
109. Infraspinatus
110. Teres minor
111. Which of the following pairs of muscles take part in the abduction of the forearm?
112. Infraspinatus, supraspinatus
113. Infraspinatus, deltoid
114. **Supraspinatus, deltoid**
115. Trapezius, levator scapulae
116. In a ‘winged scapula’ which of the following nerves is involved?
117. Axillary
118. **Long thoracic**
119. Accessory
120. Dorsal
121. Which of the following fossae are on the anterior side of the humerus?
122. Coronoid and olecranon
123. **Coronoid and radial**
124. Ulna and coronoid
125. Coronoid and capitalum
126. Which of the following muscles is not a component of the rotator cuff?
127. Subscapularis.
128. **Teres major**.
129. Teres minor.
130. Supraspinatus.
131. The terms posterior, ipsilateral and supine mean
132. Superior, same side, and lying face down
133. Dorsal, opposite side, and lying on the back
134. Ventral, same side, and lying face down
135. **Dorsal, same side and lying on the back**
136. Which of the following muscles lie beneath the other superficial flexors of the forearm?
137. Flexor digitorum profundus
138. **Flexor digitorum superficialis.**
139. Flexor policis longus
140. Flexor carpi radialis brevis.
141. Which of the following muscles flex the distal interphalangeal joints of the medial four digits?
142. Flexor digitorum superficialis.
143. **Flexor digitorum profundus.**
144. Flexor pollicis longus.
145. Flexor carpi ulnaris.
146. When the radial nerve is cut in the axilla;
147. **The hand cannot be extended at the wrist**
148. There is widespread sensory loss over the back of the forearm
149. The forearm cannot be pronated
150. The extended forearm cannot be actively flexed at the elbow

**CASE STUDY**

**Instruction: use the case study to answer the following questions**

A first year physiotherapy student fell off a ladder while installing a bulb in his room. When he got up from the fall he realized glass had deeply cut the anterior aspect of his wrist and so he decided to go to the nearest emergency room. During his trip to the emergency room he studied his wrist and began to make initial diagnosis. Remembering his training, he assumed that the cut had affected all the muscles in his wrist and he proceeded to examine all of them.

1. Since he was able to flex the distal phalangeal joints of his digits and his thumb, he concluded the following muscle was uninjured:
2. Flexor carpi radialis
3. Flexor digitorum profundus
4. Flexor pollicis longus
5. **Both B and C.**
6. He then concludes that the following nerve(s) to the muscle(s) above must also be intact
7. Median nerve , musculocutaneous nerve
8. Radial nerve, median nerve
9. **Ulnar , anterior interroseous nerve**
10. Ulnar nerve, radial nerve
11. On further inspection, he noted an inability to flex the proximal interphalangeal joints of his medial fingers. He concluded from this information that he has injured his
12. Palmaris longus muscle
13. Flexor carpi ulnaris muscle
14. **Flexor digitorum superficialis muscle**
15. Flexor carpi radialis muscle

**CASE STUDY**

Mary fell onto an outstretched left hand. When she got to school, she noted tenderness in her wrist in the area of the anatomical snuff box and she was concerned that she may have fractured one of the bones of the wrist.

1. The carpal bone forming part of the floor of the anatomical snuff box which is most often fractured is the
2. Triquetral.
3. Pisiform.
4. **Scaphold**
5. Lunate.
6. If Mary did fracture one of her carpal bones in the snuff box, there might be danger of bone necrosis. The artery passing through the snuff box and supplying the bones in this area is the
7. **Radial artery.**
8. Ulnar artery.
9. Median artery.
10. Thenar artery.

**CASE STUDY**

While in your gynaecology rotation you are called to review a mother who the doctor suspects has had a dislocation of the pubic symphysis post spontaneous vaginal delivery to a 4.8kgs newborn.

1. Before you examine this patient you review your knowledge on articulations and quickly remember that the joint that joins the two pubic bones is
2. **Cartilaginous**
3. Syndesmosis
4. Synovial
5. Sutures
6. Which of the following is true about axial skeleton?
7. **The atlanto-occipital joints allow you to rotate the head, as in signifying**
8. **“no”**
9. Ribs that are not attached to the sternum are known as the true ribs.
10. The hyoid bone is a V-shaped bone that does not articulate with any other bone.
11. Ribs articulate with the scapula
12. In addition you also remember that this kind of articulation is also found at the
13. **Intervertebral discs**
14. Bones of the skull
15. Radius and ulna
16. The teeth and the mandible
17. In order for movement to occur, which of the following activities take place?
	* 1. muscles generally need to cross a joint,
		2. contraction of a muscle will pull on the muscle’s origin,
		3. muscles that move a body part cannot cover the moving part,
		4. muscles need to exert force on tendons that pull on bones,
		5. the insertion must act to stabilize the joint.
18. **1, 2, 3, 4, and 5**
19. 1, 2, 3 and 4
20. 1, 2 and 4
21. 1, 3, and 4
22. The Achilles tendon is formed by the tendon of which two muscles?
23. Popliteus, plantaris
24. Plantaris, gastrocnemius
25. **Gastrocnemius, soleus**
26. Soleus, plantaris