**RHS 221**

**Quiz No: 3**

**Student name:**

**Q1: Match each movement by the main movers::**

|  |  |
| --- | --- |
| ( ) Trapezius middle fibers and rhomboid major | 1- Scapular elevation |
| ( ) Trapezius middle and lower fibers | 2-Scapilar abduction and upward rotation |
| ( ) Rhomboid major and minor | 3-Scapular adduction and down ward rotation |
| ( ) Serratus anterior | 4-Scapular depression and adduction |
| ( ) Trpezius upper fibers and levator scapula | 5-Scapular adduction |

**Q2: Match each instruction to the right grade of muscle testing:**

|  |  |
| --- | --- |
| ( ) Lift your elbow toward the ceiling | 1- Scapular elevation grade 2 |
| ( ) Raise your shoulder toward your ear | 2-Scapilar abduction and upward rotation grade 3 |
| ( ) Lift your hand. Hold it Don't let me push it down. | 3-Scapular adduction and down ward rotation grade 5 |
| ( ) Try to lift your arm from the table past your ear | 4-Scapular depression and adduction grade 2 |
| ( ) Raise your arm forward above your head | 5-Scapular adduction grade 3 |