Joint Anatomy for Athletic Training
Test Bank Questions
Chapter 2: Joints of the Shoulder Complex

Multiple Choice

Identify the choice that best answers the question.

____ 1. Which joint is considered the true shoulder joint?
a. sternoclavicular joint
b. acromioclavicular joint
c. glenohumeral joint
d. scapulothoracic joint

____ 2. Which muscle is responsible for the first 15° of shoulder abduction?
a. deltoid
b. infraspinatus
c. supraspinatus
d. subscapularis

____ 3. What type of joint is the sternoclavicular joint?
a. saddle joint
b. hinge joint
c. ball-and-socket joint
d. pivot joint

____ 4. Which rotator cuff muscle is most commonly injured?
a. supraspinatus
b. infraspinatus
c. teres minor
d. subscapularis

____ 5. The acromioclavicular joint is primarily supported by which ligament?
a. superior glenohumeral ligament
b. coracoclavicular ligament
c. acromioclavicular ligament
d. transverse humeral ligament

____ 6. What structure within the shoulder complex helps to deepen the glenoid cavity?
a. subscapularis
b. glenoid labrum
c. coracohumeral ligament

d. subacromial bursa

____ 7. Which joint provides the connection between the axial skeleton and the upper limb?
a. glenohumeral joint
b. sternoclavicular joint
c. scapulothoracic joint
d. acromioclavicular joint

____ 8. Which movement occurs in the frontal plane within the shoulder complex?
a. flexion
b. extension
c. adduction
d. circumduction

____ 9. Which of the following ligaments provides dynamic stability to the glenohumeral joint by stabilizing the long head of the biceps tendon?
a. costoclavicular ligament
b. glenohumeral ligament
c. transverse humeral ligament
d. acromioclavicular ligament

____ 10. Which shoulder muscle plays a key role in lateral (external) rotation and helps decelerate the arm after throwing?
a. supraspinatus
b. teres minor
c. subscapularis
d. biceps brachii

____ 11. What is the ratio of glenohumeral movement to scapulothoracic movement in scapulohumeral rhythm?
a. 3:1
b. 2:1
c. 4:1
d. 1:1

____ 12. In the case of a shoulder dislocation, which glenohumeral ligament prevents anterior displacement at low angles of abduction?
a. superior glenohumeral ligament
b. middle glenohumeral ligament
c. inferior glenohumeral ligament
d. coracohumeral ligament

____ 13. What is the primary function of the subscapularis muscle within the rotator cuff?

a. lateral (external) rotation
b. abduction
c. medial (internal) rotation
d. flexion

____ 14. Which type of dislocation at the sternoclavicular joint can be life-threatening due to potential trachea damage?
a. anterior dislocation
b. posterior dislocation
c. inferior dislocation
d. superior dislocation

____ 15. What is the anatomical location of the subdeltoid bursa?
a. between the coracoid process and the clavicle
b. inferior to the deltoid muscle
c. superior to the acromion
d. beneath the subscapularis muscle

____ 16. What is the primary role of a bursa within a joint?
a. to provide structural support between a soft tissue and a bony prominence
b. to provide lubrication and reduction of friction between a soft tissue and a bony prominence
c. to provide shock absorption between a soft tissue and a bony prominence
d. to protect a soft tissue and a bony prominence from a dislocation

____ 17. The subscapularis bursa is located between the subscapularis muscle and which other anatomical structure?
a. acromion
b. glenoid cavity
c. scapula
d. humeral head

____ 18. What two muscles are essential for full abduction beyond 90° in the shoulder?
a. deltoid and trapezius
b. supraspinatus and subscapularis
c. latissimus dorsi and serratus anterior
d. trapezius and serratus anterior

____ 19. Which ligament is responsible for preventing upward displacement of the humeral head at the acromioclavicular joint?
a. acromioclavicular ligament
b. coracoclavicular ligament
c. coracoacromial ligament

d. superior glenoid ligament

____ 20. In shoulder complex anatomy, the acronym "SITS" refers to which of the following muscles?
a. supraspinatus, infraspinatus, teres minor, subscapularis
b. supraspinatus, iliocostalis, teres major, sternocleidomastoid
c. serratus anterior, infraspinatus, trapezius, subscapularis
d. splenius, intercostal, teres minor, subclavius

____ 21. Please identify the primary reason why the sternoclavicular joint has a significant amount of stability.
a. immobility of the bones
b. proximity of the bones
c. adherence of the bones
d. congruency of the bones

____ 22. Which of the following connective tissues directly supports the sternoclavicular joint?
a. inferior sternoclavicular ligament
b. anterior sternoclavicular ligament
c. radiate ligament
d. costoclavicular ligament

____ 23. The acromioclavicular joint connects the clavicle to which other anatomical structure?
a. scapula
b. humerus
c. sternum
d. first rib

____ 24. Which of the following is a function of the nervous system that provides awareness of one's body position in space?
a. mechanoreception
b. nociception
c. proprioception
d. bioreception

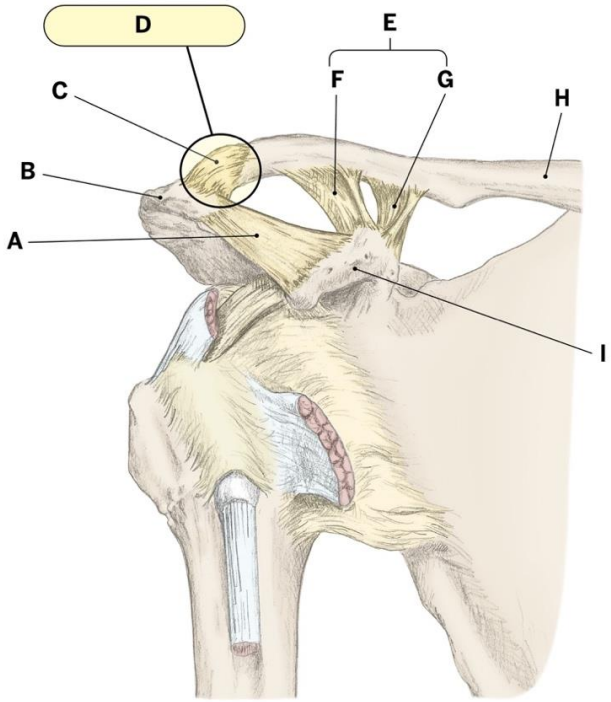
____ 25. Which of the following are the sensory receptors that detect changes in tension, pressure, stretch, and motion?
a. kinesioceptors
b. mechanoreceptors
c. thermoreceptors
d. chemoreceptors

The Acromioclavicular Joint

Please identify the following structures.

Choices

acromioclavicular joint
acromioclavicular ligament
acromion
clavicle
conoid
coracoacromial ligament
coracoclavicular ligament
coracoid process
trapezoid



Anterior view

A. _____

B. _____

C. _____

D. _____

E. _____

F. _____

G. _____

H. _____

I. _____