

Examiner _____

Taker: _____

Mini Mock #A_____/5 1. Teach your client how to stretch their _____ **Pectineus** _____

Stretched Position of the Thigh
 – Abduction

*Blanket consent for entire kinesiology section Y/N*_____/5 2. Passively demonstrate and verbalize a shortened position of the _____ **Semitendinosus** _____

Actions of the Hip to Shorten
 – Extension
 – Medial Rotation

Actions of the Knee to Shorten
 – Flexion
 – Medial Rotation of Flexed Knee

_____/5 3. Outline the belly of the _____ **Palmaris Longus** _____ including all attachments

O = Medial Epicondyle of Humerus I = Palmar Fascia

_____/5 “On client, passively demonstrate and verbalize all actions of the _____ **Palmaris Longus** _____

Actions of the Wrist
 – Flexion

Actions of the Elbow
 – Flexion

– Tenses Palmar
 Fascia

_____/5 4. Outline the belly of the _____ **Extensor Digitorum Longus** _____ including all attachments

O = Proximal Anterior Fibula I = Dorsal Surface of Toes 2 – 5

_____/5 “On client, passively demonstrate and verbalize all actions of the _____ **Extensor Digitorum Longus** _____

Actions of the Foot
 – Dorsi Flexion
 – Eversion

Actions of Toes 2 – 5
 – Extension

Examiner: _____ Taker: _____

Mini Mock #B

___ / 5 8. Teach your client how to stretch their _____ **Pectoralis Major** _____

Actions of the Shoulder

- *Extension*
- *Horizontal Abduction*

Blanket consent for entire kinesiology section Y / N

___ / 5 9. Passively demonstrate and verbalize a **Lengthened** position of the _____ **Quadratus Femoris** _____

Actions of the Hip to Lengthen

- *Medial Rotation*

___ / 5 10. Outline the belly of the _____ **Latissimus Dorsi** _____ including all attachments

*O = Sacrum
Spinous Processes T7 – L5* *I = Medial Lip of Bicipital Groove*

___ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Latissimus Dorsi** _____

Actions of the Shoulder

- *Extension*
- *Medial Rotation*
- *Adduction*

___ / 5 11. Outline the belly of the _____ **Flexor Carpi Radialis** _____ including all attachments

O = Medial Epicondyle of Humerus *I = Base of 2nd & 3rd Metacarpals*

___ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Flexor Carpi Radialis** _____

Actions at the Wrist

- *Flexion*
- *Radial Deviation*

___ / 5 **12. Outline the belly of the Coracobrachialis including all attachments**

O = Coracoid Process of Scapula I = Medial Shaft of Humerus

___ / 5 “On client, passively demonstrate and verbalize all actions of the Coracobrachialis

Actions of the Shoulder

- **H**orizontal Adduction
- Adduction
- **F**lexion

___ / 5 **13. Outline the belly of the Extensor Hallicus Longus including all attachments**

O = Medial Anterior Fibula I = Dorsal Surface of 1st Toe

___ / 5 “On client, passively demonstrate and verbalize all actions of the Extensor Hallicus Longus

Actions of the Foot

- Dorsi Flexion
- Inversion

Actions of the 1st Toe

- Extension

___ / 5 **14. Outline the belly of the Vastus Lateralis including all attachments**

O = Linea Asperal of Femur I = Tibial Tuberosity

___ / 5 “On client, passively demonstrate and verbalize all actions of the Vastus Lateralis

Actions of the Knee

- Extension

KINESIOLOGY SCORE _____ /60

State Passing = 42

Mock Passing =48

Recommendations/ Comments:

Examiner: _____

Mini Mock #C

____ / 5 15. Teach your client how to stretch their _____ **Psoas Major** _____

Stretched Position of the Hip
– *Medial Rotation*

Stretched Position of the Trunk
– *Extension*

Blanket consent for entire kinesiology section Y / N

____ / 5 16. Passively demonstrate and verbalize a lengthened position of the _____ **Biceps Femoris** _____

Actions of the Hip to Lengthened
– *Flexion*

Actions of the Knee to Lengthened
– *Extension*

____ / 5 17. Outline the belly of the _____ **Pronator Quadratus** _____ including all attachments

O = Anterior Distal Ulna

I = Anterior Distal Radius

____ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Pronator Quadratus** _____

Actions of the Forearm
– *Pronation*

____ / 5 18. Outline the belly of the _____ **Soleus** _____ including all attachments

O = Posterior Tibia / Fibula

I = Calcaneus via Calcaneal Tendon

____ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Soleus** _____

Actions of the Foot
– *Plantar Flexion*
– *Inversion*

___ / 5 **19. Outline the belly of the Peroneus Brevis including all attachments**

O = Distal ½ of Lateral Fibula

I = Lateral Foot (Base of 5th MT)

___ / 5 “On client, passively demonstrate and verbalize all actions of the Peroneus Brevis

Actions of the Foot

- *Plantar Flexion*
- *Eversion*

___ / 5 **20. Outline the belly of the Extensor Carpi Ulnaris including all attachments**

O = Lateral Epicondyle

I = Base of 5th Metacarpal

___ / 5 “On client, passively demonstrate and verbalize all actions of the Extensor Carpi Ulnaris

Actions of the Wrist

- *Extension*
- *Ulnar Deviation*

___ / 5 **21. Outline the belly of the Extensor Carpi Radialis Brevis including all attachments**

O = Lateral Epicondyle

I = Base of 3rd Metacarpal

___ / 5 “On client, passively demonstrate and verbalize all actions of the Extensor Carpi Radialis Brevis

Actions at the Wrist

- *Extension*
- *Radial Deviation*

KINESIOLOGY SCORE _____ /60

State Passing = 42

Mock Passing =48

Recommendations/ Comments:

Examiner: _____

Taker: _____

Mini Mock #D

___ / 5 22. Teach your client how to stretch their _____ **Adductor Longus** _____

Lengthened position of the Thigh at the Hip

- Abduction
- Extension

Blanket consent for entire kinesiology section Y / N

___ / 5 23. Passively demonstrate and verbalize a lengthened position of the _____ **Gracilis** _____

Actions of the Hip to lengthen

- Abduction
- Extension

Actions of the Knee to lengthen

- Extension

___ / 5 24. Outline the belly of the _____ **Tibialis Posterior** _____ including all attachments

O = Posterior Tibia / Fibula

I = Plantar Surface of Foot

(Metatarsals 2-4, All Tarsals except talus)

___ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Tibialis Posterior** _____

Actions of the Foot

- Plantar Flexion
- Inversion

___ / 5 25. Outline the belly of the _____ **Subscapularis** _____ including all attachments

O = Subscapular Fossa of Scapula

I = Lesser Tubercle

___ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Subscapularis** _____

Actions of the Shoulder

- Medial Rotation

___ / 5 26. Outline the belly of the Supraspinatus including all attachments

O = *Supraspinous Fossa of Scapula* I = *Greater Tubercle*

___ / 5 “On client, passively demonstrate and verbalize all actions of the Supraspinatus

Actions of the Shoulder

- *Flexion*
- *Abduction*

___ / 5 27. Outline the belly of the Splenius Cervicis including all attachments

O = *Spinous Processes of T3 – T6* I = *Transverse Process of C1 – C3*

___ / 5 “On client, passively demonstrate and verbalize all actions of the Splenius Cervicis

Actions of the Neck

- *Extension*
- *Lateral Flexion*
- *Rotation (ipsilateral)*

___ / 5 28. Outline the belly of the Trapezius including all attachments

O = *Occiput , Spinous Processses C7-T12* I = *Lat. Clavicle, Acromion, spine scap*

___ / 5 “On client, passively demonstrate and verbalize all actions of the Trapezius

Actions at the Neck

- *Extension*
- *Lateral Flexion*
- *Rotation(contralateral)*

Actions of the Scapula

- *Retraction(adduction)*
- *Elevation*
- *Upward Rotation*
- *Depression*

KINESIOLOGY
SCORE

_____/60

State Passing = 42

Mock Passing =48

Recommendations/ Comments:

Taker: _____

Examiner: _____

Mini Mock #E____ / 5 **29. Teach your client how to stretch their** Pronator Teres

Stretched Position of the Elbow *Stretched Position of the Radial-Ulnar Joint*
 – *Extension* – *Supination*

*Blanket consent for entire kinesiology section Y / N*____ / 5 **30. Passively demonstrate and verbalize a lengthened position of the** Gemellus Superior / Inferior

Actions of the Hip to Lengthened
 – *Medial Rotation*

____ / 5 **31. Outline the belly of the** Flexor Pollicis Longus **including all attachments**

O = Medial Epicondyle of Humerus I = 1st Digits (D.I.P.)

____ / 5 “On client, passively demonstrate and verbalize all actions of the” Flexor Pollicis Longus

Actions of the Thumb
 – *Flexion at CMC, MCP& IP*
 – *Flexion of Wrist*

____ / 5 **32. Outline the belly of the** Teres Major **including all attachments**

O = Inferior Lateral Border of Scapula I = Medial Lip of Bicipital Groove

____ / 5 “On client, passively demonstrate and verbalize all actions of the” Teres Major

Actions of the Shoulder
 – *Extension*
 – *Medial Rotation*
 – *Adduction*

____ / 5 **33. Outline the belly of the Tibialis Anterior including all attachments**

O = *Lateral Tibial Condyle* I = *Medial Foot (Base of 1st MT)*

____ / 5 “On client, passively demonstrate and verbalize all actions of the Tibialis Anterior

- Actions of the Foot*
- *Dorsi Flexion*
 - *Inversion*

____ / 5 **34. Outline the belly of the Deltoid including all attachments**

O = *Lateral 1/3 of Clavicle* I = *Deltoid Tuberosity*

Acromion Process

Spine of Scapula

____ / 5 “On client, passively demonstrate and verbalize all actions of the Deltoid

- Actions of the Shoulder*
- *Abduction* - *Medial Rotation*
 - *Flexion* - *Lateral Rotation*
 - *Extension* - *Horizontal Adduction*
 - *Horizontal Abduction*

____ / 5 **35. Outline the belly of the Quadratus Lumborum including all attachments**

O = *Posterior Iliac Crest* I = *12th Rib*
Transverse Processes of L1 – 4

____ / 5 “On client, passively demonstrate and verbalize all actions of the Quadratus Lumborum

- | | |
|---|---|
| <p><i>Actions of the Trunk</i></p> <ul style="list-style-type: none"> - <i>Extension</i> - <i>Lateral Flexion</i> | <p><i>Actions of the Hip(Pelvis)</i></p> <ul style="list-style-type: none"> - <i>Elevation</i> |
|---|---|

KINESIOLOGY SCORE _____ /60

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Recommendations/ Comments:

Examiner: _____ Taker: _____

_____ / 5 **36. Teach your client how to stretch their _____ Quadratus Femoris**

Actions to stretch the Hip
– *Medial Rotation*

_____ / 5 **37. Passively demonstrate and verbalize a lengthened position of the _____ Piriformis**

Actions of the Hip
– *Medial Rotation*

_____ / 5 **38. Outline the belly of the _____ Infraspinatus including all attachments**

O = Infraspinous Fossa of Scapula I = Greater Tubercle

_____ / 5 **“On client, passively demonstrate and verbalize all actions of the _____ Infraspinatus**

Actions of the Shoulder
– *Lateral Rotation*
– *Extension*
– *Adduction*
– *Horizontal Abduction*

_____ / 5 **39. Outline the belly of the _____ Pectoralis Major including all attachments**

O = Medial Clavicle I = Lateral Lip of Bicipital Groove (GT)
Sternum
Costal Cartilage Rib 1 – 7

Pectoralis Major

_____ / 5 **“On client, passively demonstrate and verbalize all actions of the _____**

Actions of the Shoulder
– *Flexion*
– *Adduction*
– *Horizontal Adduction*
– *Medial Rotation*
– *Extension of Flexed Arm*
backto Midline

_____ / 5 **40. Outline the belly of the _____ Rhomboids _____ including all attachments**

O = Spinous Processes of C7 – T5 I = Medial Border of Scapula

_____ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Rhomboids** _____

- Actions of the Scapula*
- **Retraction**
 - **Elevation**
 - **Downward Rotation**

_____ / 5 **41. Outline the belly of the _____ Flexor Hallucis Longus _____ including all attachments**

O = Distal Posterior Fibula I = Plantar Surface of 1st Toe

_____ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Flexor Hallucis Longus** _____

- | | |
|----------------------------|---------------------------------------|
| <i>Actions of the Foot</i> | <i>Actions of 1st Toes</i> |
| - Plantar Flexion | - Flexion |
| - Inversion | |

_____ / 5 **42. Outline the belly of the _____ Masseter _____ including all attachments**

O = Zygomatic Bone I = Mandible

_____ / 5 “On client, passively demonstrate and verbalize all actions of the _____ **Masseter** _____

- Actions of the Mandible*
- **Elevation**

_____ /60

State Passing = 42

Mock Passing =48

Examiner: _____

Mini Mock #G____ / 5 **43. Teach your client how to stretch their _____ Adductor Brevis***Lengthened position of the Thigh at the Hip*

- Abduction
- Extension

*Blanket consent for entire kinesiology section Y / N*____ / 5 **44. Passively demonstrate and verbalize a lengthened position of the _____ Splenius Cervicis***Shortened positions of the Neck*

- Flexion
- Lateral Flexion
- Rotation (ipsilateral)

____ / 5 **45. Outline the belly of _____ the _____ Extensor Carpi Radialis Longus _____ including all attachments***O = Lateral supracondylar ridge**I = Base of 2nd Metacarpal*____ / 5 **“On client, passively demonstrate and verbalize all actions of the _____ Extensor Carpi Radialis Longus _____***Actions at the Wrist*

- Extension
- Radial Deviation

____ / 5 **46. Outline the belly of the _____ Vastus Intermedius _____ including all attachments***O = Lateral Linea Aspera of Femur**I = Tibial Tuberosity*____ / 5 **“On client, passively demonstrate and verbalize all actions of the _____ Vastus Intermedius _____***Actions of the Knee**Extension*

___ / 5 **54. Outline the belly of the Popliteus including all attachments**

O = Lateral Condyle of Femur

I = Proximal Posterior Tibia

___ / 5 “On client, passively demonstrate and verbalize all actions of the Popliteus

Actions of the Knee

- *Flexion*
- *Medial Rotation*

___ / 5 **55. Outline the belly of the Extensor Carpi Radialis Longus including all attachments**

O = Lateral Supracondylar Ridge

I = Base of 2nd Metacarpal

___ / 5 “On client, passively demonstrate and verbalize all actions of the Extensor Carpi Radialis Longus

Actions at the Wrist

- *Extension*
- *Radial Deviation*

___ / 5 **56. Outline the belly of the Flexor Pollicis Longus including all attachments**

O = Medial Epicondyle of Humerus

I = 1st Digits (D.I.P.)

___ / 5 “On client, passively demonstrate and verbalize all actions of the Flexor Pollicis Longus

Actions of the Thumb

- *Flexion*
at CMC, MCP & IP

Actions of the Wrist

- *Flexion*

KINESIOLOGY SCORE _____

State Passing = 42

Mock Passing =48

Recommendations/ Comments: