

1) The iliotibial tract is formed by thickening of:

- A) Fascia lata medially
- B) Deep fascia of thigh laterally
- C) Crural fascia
- D) Superficial fascia

Answer: B

2) The iliotibial tract is inserted distally into:

- A) Tibial tuberosity
- B) Head of fibula
- C) Lateral condyle of tibia
- D) Medial condyle of tibia

Answer: C

3) Iliotibial band syndrome most commonly presents with pain:

- A) Medial knee
- B) Anterior thigh
- C) Lateral knee
- D) Posterior hip

Answer: C

4) Which muscle inserts partly into the iliotibial tract?

- A) Gluteus minimus
- B) Piriformis
- C) Gluteus maximus
- D) Obturator externus

Answer: C

5) All of the following are supplied by superior gluteal nerve EXCEPT:

- A) Gluteus medius
- B) Gluteus minimus
- C) Tensor fascia latae
- D) Gluteus maximus

Answer: D

6) Injury of superior gluteal nerve causes:

- A) Foot drop
- B) Trendelenburg sign
- C) Loss of knee extension
- D) Loss of hip flexion

Answer: B

7) In unilateral paralysis of gluteus medius, pelvis tilts toward:

- A) Affected side
- B) Supported side
- C) Unsupported side
- D) Posteriorly

Answer: C

8) Waddling gait is seen in:

- A) Unilateral superior gluteal injury
- B) Bilateral superior gluteal injury
- C) Sciatic nerve injury

D) Obturator nerve injury

Answer: B

9) Piriformis muscle is innervated by:

A) L4–L5

B) S1–S2

C) Obturator nerve

D) Tibial nerve

Answer: B

10) Obturator externus is supplied by:

A) Nerve to quadratus femoris

B) Superior gluteal nerve

C) Obturator nerve

D) Inferior gluteal nerve

Answer: C

11) Quadratus femoris is supplied by:

A) Nerve to quadratus femoris

B) Tibial nerve

C) Common peroneal nerve

D) Pudendal nerve

Answer: A

12) Greater sciatic foramen is formed by:

A) Greater sciatic notch only

B) Sacrospinous ligament only

C) Sacrotuberous ligament only

D) Greater sciatic notch + sacrospinous + sacrotuberous

Answer: D

13) Structure passing ABOVE piriformis:

A) Sciatic nerve

B) Pudendal nerve

C) Superior gluteal nerve

D) Inferior gluteal nerve

Answer: C

14) Structure passing BELOW piriformis:

A) Superior gluteal vessels

B) Sciatic nerve

C) Nerve to piriformis

D) Obturator nerve

Answer: B

15) Structure passing through lesser sciatic foramen:

A) Sciatic nerve

B) Tendon of obturator internus

C) Superior gluteal vessels

D) Inferior gluteal nerve

Answer: B

16) Short head of biceps femoris is supplied by:

- A) Tibial division of sciatic
- B) Common peroneal division
- C) Superior gluteal nerve
- D) Obturator nerve

Answer: B

17) All hamstrings originate from ischial tuberosity EXCEPT:

- A) Semitendinosus
- B) Semimembranosus
- C) Long head of biceps
- D) Short head of biceps

Answer: D

18) Hamstrings primarily:

- A) Flex hip
- B) Extend knee
- C) Extend hip
- D) Abduct thigh

Answer: C

19) Medial hamstrings rotate knee:

- A) Laterally
- B) Medially
- C) Do not rotate
- D) Superiorly

Answer: B

20) Biceps femoris inserts into:

- A) Medial tibia
- B) Head of fibula
- C) Adductor tubercle
- D) Greater trochanter

Answer: B

21) Popliteal fossa is located:

- A) Anterior knee
- B) Medial thigh
- C) Posterior knee
- D) Lateral leg

Answer: C

22) Most superficial structure in popliteal fossa:

- A) Popliteal artery
- B) Popliteal vein
- C) Tibial nerve
- D) Femoral nerve

Answer: C

23) Most deep structure in popliteal fossa:

- A) Tibial nerve
- B) Popliteal vein
- C) Popliteal artery

D) Small saphenous vein

Answer: C

24) Popliteal artery begins as continuation of:

A) External iliac

B) Femoral artery

C) Profunda femoris

D) Anterior tibial

Answer: B

25) Popliteal artery terminates into:

A) Fibular + dorsalis pedis

B) Anterior + posterior tibial

C) Femoral + profunda

D) Peroneal + plantar

Answer: B

26) Roof of popliteal fossa contains:

A) Bone

B) Capsule only

C) Skin and deep fascia

D) Popliteus

Answer: C

27) Floor of popliteal fossa includes:

A) Tibial nerve

B) Popliteus muscle

C) Small saphenous vein

D) Biceps femoris

Answer: B

28) Posterior cutaneous nerve of thigh passes through:

A) Lesser sciatic only

B) Greater sciatic below piriformis

C) Above piriformis

D) Obturator canal

Answer: B

29) Sacrospinous ligament connects:

A) Sacrum to ischial tuberosity

B) Sacrum to ilium

C) Sacrum to ischial spine

D) Ilium to coccyx

Answer: C

30) Tensor fascia lata assists in:

A) Hip adduction

B) Knee flexion

C) Knee extension via IT tract

D) Medial rotation of knee

Answer: C