Anatomy...

1. What are the 5 segments of the vertebrae and the number of bones in each segment?
   a. Cervical ... 7
   b. Thoracic ... 12
   c. Lumbar ... 5
   d. Sacrum ... 5 fused
   e. Coccyx ... 4 fused

2. What is the tissue in between each vertebra and its 4 functions?
   Intervertebral Disc
   4 functions...
   1. Snack absorb
   2. Keeps vertebrae separate
   3. Allows movement
   4. Allows space, so nerves can come off your spinal cord

3. What are the 2 parts of the intervertebral disk?
   a. Annulus fibrosus (outer rim)
   b. Nucleus pulposus (jelly-like center)

4. What are the 3 major muscle groups that provide support/movement to the spine?
   1. Abdominal (transverse, rectus, obliques (internal))
   2. Erector Spinae
   3. "Traps"

Abnormalities...

- Kyphosis - undesirable curve to the spine
- Lordosis - "sway back"
- Scoliosis - when your back curves

- Sternocleidomastoid - rotation of neck