

- Semi- fluid ball bearing – during flexion, extension, rotation and lateral flexion
- Avascular
- Nourishment by diffusion vertebral bodies and annulus fibrosus.

8. Ligamentum Nuchae

- THICK FIBROUS TISSUE
- ATTACHES TO EXTERNAL OCCIPITAL PROTUBERANCE, POSTERIOR BORDER OF FORAMEN MAGNUM TO THE SPINOUS PROCESSES OF CERVICAL VERTEBRAE

*In Lumbar Puncture

Structures to be hit (posterior going anterior)

1. Supraspinous ligament
2. Interspinous ligament
3. Yellow ligament
4. Subdural space/Subarachnoid Space

2. Anterior Longitudinal Ligament

- FIBROUS BAND THAT COVERS AND CONNECT THE ANTEROLATERAL ASPECT OF VERTEBRAL BODIES AND DISC
- EXTENDS FROM SACRUM-ANTERIOR TUBERCLE OF C1 – ANTERIOR RIM OF FORAMEN MAGNUM
- HELPS PREVENT HYPEREXTENSION

3. Posterior Longitudinal Ligament

- MUCH WEAKER AND NARROWER
- RUNS WITHIN THE CANAL ALONG THE POSTERIOR ASPECT OF THE BODY
- ATTACHES TO POSTERIOR EDGE OF THE BODIES AND DISC FROM C2-SACRUM
- PREVENTS HYPEREXTENSION AND DISC PROTRUSION
- WITH PAIN NERVE ENDINGS

4. Ligamentum Flavum

- YELLOW LIGAMENT
- CONNECTS THE ADJOINING LAMINA
- FORMS PART OF THE POSTERIOR WALL OF THE CANAL
- RESISTS SEPARATION OF LAMINA
- ARRESTING ABRUPT FLEXION OF VERTEBRA- PROTECTING THE DISC

5. Interspinous Ligament

- UNITE ADJACENT SPINOUS PROCESSES
- WEAK

6. Supraspinous Ligament

- STRONG, CORDLIKE
- BLENDS WITH LIGAMENTUM NUCAE

7. Intertransverse Ligament

- CONNECTS ADJACENT TRANSVERSE PROCESSES

• JOINTS OF VERTEBRAL BODY

- SECONDARY CARTILAGENOUS JOINT (SYMPHYSIS)
- DESIGNED FOR WEIGHT BEARING AND STRENGTH
- ARTICULATING SURFACES OF ADJACENT VERTEBRAE ARE CONNECTED BY DISC AND LIGAMENTS

• ZYGOAPOPHYSIAL JOINT (FACET JOINT)

- PLANE SYNOVIAL TYPE OF JOINT BETWEEN SUPERIOR AND INFERIOR ARTICULAR PROCESSES
- GLIDING MOVEMENT
- INNERVATED BY ARTICULAR BRANCHES OF POSTERIOR RAMI OF SPINAL NERVES

• UNCOVERTEBRAL JOINT OF LUSCHKA

- BETWEEN THE UNCINATE (HOOK LIKE) PROCESSES OF VERTEBRA AND BEVELLED SURFACES OF VERTEBRA ABOVE THEM
- LOCATED AT LATERAL/POSTEROLATERAL MARGINS OF IV DISC
- THESE JOINT LIKE STRUCTURE ARE COVERED WITH CARTILAGE AND CONTAIN A CAPSULE FILLED WITH FLUID

