

*fused - connected

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 vertebrae and its 4 functions?

Intervertebral disc

4 functions...

- 1. Shock absorber
- 2. keeps vertebrae separate
- 3. allows movement
- 4. allows space, so nerves can come off your spinal cord

- disc, don't have blood supply
- don't heal also does not bleed

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/external))
- 2. Erector spinae
- 3. "Traps"

Abnormalities...

Kyphosis - undesirable curve to the spine

Lordosis - "sway back"

Scoliosis - when your back curves

*Sternocleidomastoid - rotation of neck