

# ANATOMY LESSON – Spine

## Spine Function:

- Supports all the weight of the upper body.
- Provides stability and mobility
- Carries the weight of the head, organs, limbs and protects the spinal cord

## Vertebral Colum: (lowest to highest)

- The **coccyx** is a fusion of bones
- The **sacrum** is a fusion of bones
- The **lumbar spine** has 5 vertebrae
- The **thoracic spine** has 7 vertebrae
- They gradually decrease in size and mobility

## 2 Uppermost Vertebrae:

The 2 uppermost vertebrae are the atlas and axis. They support the skull at the top of the vertebral column. They are modified in shape to perform the task.

## Curvature of the Spine:

Thoracic & Sacral Curves:

These are primary curves because the human body is born with these curves (fetal position in the womb) and we develop them into adulthood.

Cervical & Lumbar Curves:

Secondary curves of the spine. Responsible for extension & hyperextension. The curve appears after birth when an infant lifts its head in prone position.

## Limitations:

The curves are influenced by the placement of the pelvis.

## Spinal Region

## Movement Capacity

Lumbar	Flexion, extension, hyperextension, NO ROTATION
Thoracic	Lateral flexion, rotation, hyperextension is limited
Cervical	All possible motions are free.

## Activities:

Breathing, sloshing, rolling up/down the wall, massaging spinal process, pelvic movement via how it influences the spine.