



## The vertebral column protects

The vertebral column protects the delicate ash cord. The vertebral column protects th

The spine consists of 33 individual bones stacked one above the other. This spine provides the main support for your body, allowing you to stand in vertical position, bend and twist, protecting the spinal cord from injury. Strong muscles and bones, flexible tendons and sensitive nerves contribute to a healthy spine. affected by tensions, injuries or diseases can cause pain. Spinal curves When viewed from the side, an adult spine has a natural S-shaped curve. The regions have a slight concave curve (figure 1). Curves work as a spiral spring to absorb shock, maintain balance and allow the range of movement across the spine. Figure 1. The spine has three natural curves that form an S form; Strong muscles maintain the natural curves of the spine. Figure 2. The five regions of the spine. Figure 2. The five regions of the spine. The abdominal and back muscles maintain the natural curves that form an S form; Strong muscles maintain the natural curves that form an S form; Strong muscles maintain the natural curves that form and back muscles maintain the natural curves that form and back muscles maintain the natural curves of the spine. and lie so that the minimum amount of tension is placed on the spine during movement or flow (see posture). Excess body weight, weak muscles and other forces can lead to alignment of the spine is gross, also called hunchback. An abnormal side-to-side curve is called scoliosis. Muscles The two main muscles are attached to the back of the spine. The flexor muscles are in the front and include the abdominal muscles. These muscles allow us to flexor or bend forward and are important in lifting and controlling the bow in the lower back. Back muscles stabilize the spine. Something common like poor muscle tone or a large belly can pull the whole body out of alignment. Disalignment puts incredible effort on the spine (see exercise for a healthy back). The vertebrae are the 33 individual bones that block each other to form the spine. The vertebrae are mobile; The vertebrae in each regions: cervical, thoracic, lumbar, sacred and coccige (figure 2). Only the first 24 bones are mobile; The vertebrae of the sacred and coccige (figure 2). function of the cervical spine is to support the weight of the head (about 10 pounds). The seven cervical vertebrae are numbered from c1 to C7. The neck has the widest range of motion due to two specialized vertebrae are numbered from c1 to C7. nodding movement or  $\hat{a}$   $\neg$  movement of the head. The second vertebra (C2) is the peg-shaped axis, which has a Called the dental, that the Atlas rotates around. This junction of the thoracic cage and protect the heart and the lungs. The twelve thoracic vertebrae are numbered by T1 to T12. The range of movement in the thoracic spine is limited. Lumbar vertebrae are numbered by L1 to L5. These vertebrae are of much larger dimensions to absorb the stress of lifting and transporting heavy objects. Sacrum - The main function of the Sacrum is to connect the spine to the hip bones (iliac). There are five sacral vertebrae, which are melted together. Together with the iliac bones, they form a ring called the pelvic belt. The coccyx region - the four bones fused of the coccyx or spine provide the attachment for ligaments and muscles of the pelvic floor. While the vertebrae has unique regional characteristics, each vertebra has three functional parts (Fig. 3): Figure 3. A vertebra has three functional parts; body (people), vertebrae has unique regional characteristics, each vertebra has three functional parts (Fig. 3): Figure 3. A vertebra has three functional parts; body (people), vertebra has three bone that protects the spinal cord (green) star-shaped processes designed as outriggers for muscle attachment (tan) intervertebral disc, which keeps the bones to scrub together. The discs are designed as a radial rubber. The outer ring, called cancellation, has crossed fibrous bands, very similar to a pneumatic tread. These bands stick between the bodies of each vertebra. Inside the disc there is a center filled with gel called the nucleus and a hard fibrous outer ring called cancellation. Cancellation pulls the vertebrae bones together against the strength of the core filled with gel. The disks work as spiral springs. The crossed fibers of the abonore pull the vertebral bones together against the elastic resistance of the core filled with gel. The core filled with gel. filled with gel contains more fluid. This fluid is absorbed during the night while lying down and is pushed out during the day while moving straight. With age, our discs always lose more than the ability to reabsorb the fluid and become fragile and flattering; For this reason we realize more when old. Even diseases, such as osteoarthritis e They cause bone sprouts (osteophytes) to grow. Lesions and voltages can cause bulge or hernia, a condition in which the nucleus is pushed out through the cancellation to compress the nerve roots causing back pain. Vertebral bow and spinal canal on the back of each vertebra are bone projections that form the vertebral arc. The bow is made Two support pawns and two lamines (Figure 5). The empty spinal contains the spinal cord, fat, ligaments and blood vessels. Under each peduncle, a couple of spinal cord and pass through which the spinal cord and pass through which the spinal cord and pass through which the spinal cord and pass through the interventebral forament to branch to your body. is performed. Seven Bony processes come from the vertebral arc to form the facet joints and processes for muscle attack. Surgeons often remove the lamina of the vertebral arc: the spiny process, two transversal processes, two higher aspects and two lower aspects. Faceting joints The facet joints of the spine allow the rear movement. Each vertebra above (higher skins) and a pair that connects to the underlying vertebra (lower skins) (Fig. 6). Figure 6. The upper and lower facets connect each vertebra together. There are four Facet joints associated with each vertebra. The ligaments are strong fibrous groups that hold the vertebra together, stabilize the spine and protect the discs. The three main ligaments of the spine are the flavum ligament (all) and the rear longitudinal ligament (all) and the rear lon (PLL) (Fig. 7). All and PLL are continuous bands running from top to bottom of the spine along the vertebral bodies. They prevent excessive movement of vertebral bodies. They flavum ligament is attached between the lamina of each vertebra. Figure 7. The flavum ligament, the front longitudinal ligament (all) and the rear longitudinal ligament (PLL) allow the bending and extension of the spinal cord, the fibers of the cable separate into the Cauda Equina and continue through the spinal canal to the billboard before branching the legs and feet. The spinal cord acts as super-state information, messages to the brain and body through the spinal cord that allows movement. The limbs and before branching the legs and feet. through the spinal cord on what we think and touch. Sometimes the spinal cord can react without sending information to the brain. These special paths, called spinal cord may result in loss of a sensory and motor function below the lesion level. For example, an injury to the chest or lumbar area can cause the motor and sensory loss of the legs and the trunk (called paraplegia, previously known as quadriplegia). Spinal nerves Thirty-one pairs of spinal nerves branch on the spinal cord. Spinal nerves act as "phone lines", carrying forward and backward messages between the body and the spinal cord to control the feeling and movement. Each spinal nerve has two roots (Fig. 8). The ventral root (front) carries motor impulses from the brain and the dorsal root (back) brings sensory impulses to the brain. The ventral and dorsal roots merge together to form a spinal nerve, which runs along the spinal canal, next to the cable, until they reach the intervertebral furnace (Fig. 9). Once the nerve passes through the intervertebral fora, it branches; each branch has both motor and sensory fibers. The smaller branch (called the primary rear ramus) turns backwardly to provide the skin and muscles of the back of the body. The larger branch (called the front primary ramus) turns anteriorly to provide the skin and muscles of the front of the body and forms most of the main nerves. Figure 8. The ventral (motor) and dorsal (sensory) roots join to form the spinal nerve. mattress. Spinal nerves are numbered according to the vertebrae above which it comes out of the spinal nerves are C1 through C8, the 5 lumbar spinal nerves are spinal nerves come out of the spinal canal through the intervertebral foramen under each front. Spinal nerves internalized specific areas and form a striped pattern through the body called dermatomas (Fig. 10). Doctors use this model to diagnose the location of a spinal problem based on the pain zone or muscle weakness. For example, leg pain (sciatica) usually indicates a problem near the L4-S3 nerves. Figure 10. A dermatome model shows which spinal nerves are responsible for sensory and motor control of specific areas of the body. Covers and spaces The spinal cord is covered with the same three membranes of the body. intimately attached to the cable. The next membrane is the arachnoid mattress. The space between the pia and the arachnoid mattress is the wide subarachnoid space, which surrounds the spinal cord and contains cerebrospinal fluid (CSF). This space is more often accessible when performing a lumbar puncture to try and test the CSF or during a myelgram to inject dyeing The space. This space is more often accessible to provide numbness anesthetic agents, commonly called epidural, and to inject injecting medicines (see Epidural Steroid Injections). Sources and links For further questions, please contact the Mayfield Brain & Spine at 800-325-7787 or 513-221-1100. Links www.spine-health.com www hump. gross: an abnormal curvature of the lumbar column, also known as swayback. paralysis of both legs and lower part of the body under the arms indicating a injury of the cervical spine. scoliosis: an abnormal side curvature of the spine. ventral: the front or front of the body. > 9.2018 reviewed by > Tonya Hines, CMI, Mayfield Clinic, Cincinnati, Ohio Mayfield Clinic. We respect the HONcode standard for reliable health information. This information does not intend to replace the medical advice of your health care provider.

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