Name: Date: Per: Score: R.O.P. Athletic Training-I

Spine Articles Review

*Directions – Read the anatomy guide and answer each of the questions from the reading.*

**Cervical Article**

1. Explain how the cervical spine is arranged.
2. How is the atlas and axis anatomically arranged and how do they support the neck?
3. What is different about the neck vertebrae unlike the rest of the spine?
4. Between each pair of vertebrae are two joints called . These joints connect the vertebrae together in a but slide against one another to allow the neck to move in

directions.

1. What are the main supporting ligaments in the spine?
2. Briefly explain the anatomy of the intervertebral disk.

**Thoracic**

1. The middle vertebrae make up the . Doctors often refer to these vertebrae as

The large bump on the back of the lower part of the neck is the called C7. It connects on top of T1. The lowest vertebrae of the thoracic spine, , connects below the bottom of the rib cage to the first vertebrae of the lumbar spine, called L1.

1. Explain how facet joints contribute to movement.
2. What is the main muscle that makes up the middle layer of the thoracic region?

**Lumbar**

1. Explain the anatomical make-up of the lumbar spine.
2. How are the lumbar vertebral bodies different than the rest of the spine?
3. Explain why the transverse process are broader in the lumbar spine.