

Spine anatomy

Regions of the Spine: Cervical Spine (C1–C7)

Located in the neck. Supports the head and allows movement (e.g., nodding and rotating). Includes C1 (Atlas) and C2 (Axis), which are specialized for head rotation. Thoracic Spine (T1–T12)

Located in the upper back. Connects to the ribs, providing stability and protecting vital organs. Has limited movement compared to the cervical and lumbar regions. Lumbar Spine (L1–L5)

Located in the lower back. Bears the most weight and allows for flexibility and movement. Prone to injuries and herniated discs due to high mechanical stress. Sacral Spine (S1–S5)

Five fused vertebrae forming the sacrum. Connects the spine to the pelvis. Provides stability to the body. Coccyx (Tailbone)

Consists of 3–5 fused vertebrae. Provides attachment points for ligaments and muscles. Structural Components: Vertebral Body: Supports weight and provides strength. Spinous & Transverse Processes: Serve as attachment sites for muscles and ligaments. Facet Joints: Guide and restrict movement. Intervertebral Discs: Act as shock absorbers between vertebrae. Spinal Cord & Nerve Roots: Pass through the vertebral canal and exit through the intervertebral foramina. Would you like a specif

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