

Thoracolumbar alignment refers to the alignment of the **thoracic spine** (the portion of the spine that includes the upper and middle back) and the **lumbar spine** (the portion of the spine that includes the lower back). Proper thoracolumbar alignment is important for maintaining a healthy and functional spine. Abnormal alignment can result in back pain, poor posture, and other issues.

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Last update: **2025/04/29 20:23**

