

Anatomy of Your Spine

As the central support structure of your body, the spine connects different parts of the skeleton to each other.

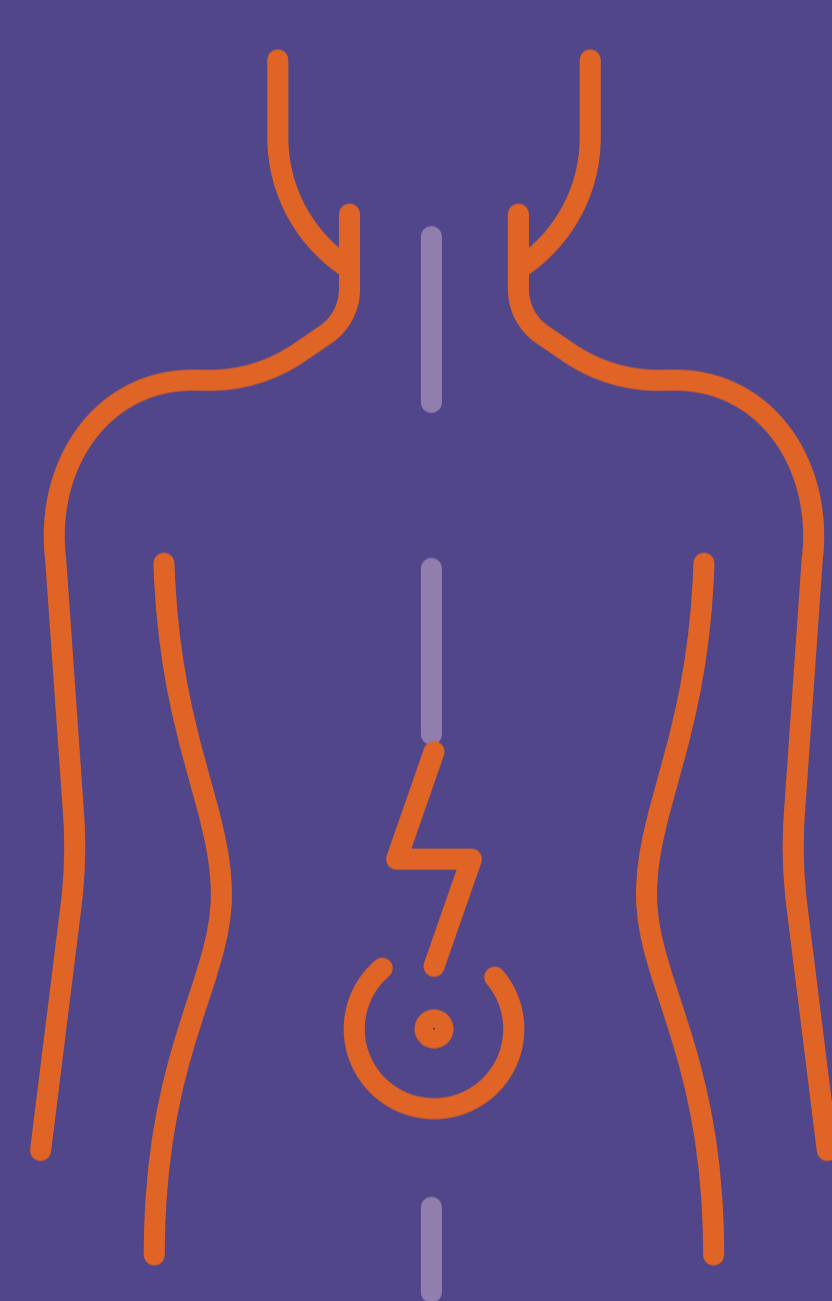


Cervical Spine (Neck Region)

- Has seven cervical vertebrae (C1 to C7)
- Supports the weight of your head
- Allows for a wide range of head motions
- Most nerves to and from the arms leave the spine at this level
- Spinal wear and tear at this level can cause neck pain, arm pain, as well as coordination and balance problems

Thoracic Spine (Middle Back Region)

- Has twelve thoracic vertebrae (T1 to T12)
- Supports your neck, chest and abdomen
- Helps stabilize your rib cage
- Longest region of the spine
- Muscle tension and poor posture can cause pain in this area
- Spinal wear and tear at this level can cause back pain and balance issues



Lumbar Spine (Lower Back Region)

- Has five lumbar vertebrae (L1 to L5)
- Supports most of your body's weight
- Helps the trunk (chest, abdominal and pelvic areas) of your body move in all directions
- Most nerves to and from the legs leave the spine at this level
- Spinal wear and tear at this level can cause back pain and sciatica

Sacrum

- Has five sacral vertebrae that are fused together
- Strengthens and stabilizes your pelvis
- Nerves at this level support the function of your bladder, intestines and reproductive organs



Coccyx (Tailbone)

- Has four coccygeal vertebrae that are fused together
- Serves as the connecting point for many pelvic floor muscles that are important for bowel and bladder control