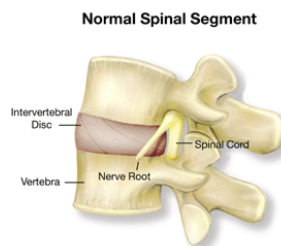
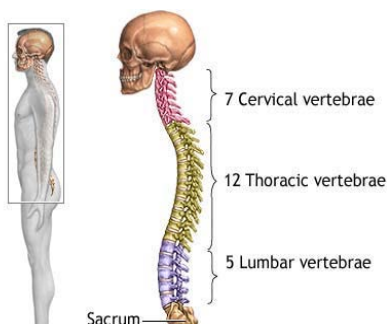




About the Spine

What is the Spine?

- The spine, known as the “back bone”, is a bony structure which runs from the top to the bottom of the back of the upper body.
- It has 33 vertebrae. Vertebrae are small bones in the spinal column.
- The spine is divided into four sections:
 - a. Cervical Spine - 7 vertebrae in the neck area.
 - b. Thoracic Spine – 12 vertebrae in the upper back area, starting from the shoulder blades.
 - c. Lumbar Spine – 5 vertebrae in the lower back area.
 - d. Sacral – 9 fused vertebrae in the pelvic region.
- On top of the vertebrae bones, the spine consists a multitude of discs, ligaments and muscles, attaching the bones together. These allow the spine to be flexible and strong, allowing for a high degree of movement in the spine.
- Discs are soft cushions of collagen that sit in between the vertebrae. Discs prevent the bones from rubbing and act as a shock absorber that prevents the spine from receiving damage when forces are exerted on it.
- Ligaments are bands of tough fibres that hold the bones firmly together latching onto the spine.
- Muscles surrounding the spine stretch or contract to manipulate the spine a vast variety of ways, allowing for us to have a wide range of movement in our backs. They also provide a support for the vertebrae, keeping the spine in an upright position.



Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.