



Basic Anatomy of the Spine

Five unique components work together to compose the spine and maintain its function.

- **Vertebrae**-These are the bones stacked from the lumbar through the cervical spine.
- **Spinal Cord**- The spinal cord extends the entire length of the spine, traveling through the central canal in the middle of each stacked vertebra.
- **Muscles and Ligaments**- These tissues support and stabilize the spine and upper body.
- **Intervertebral Discs**- These flat round cushions sit between the vertebrae.
- **Facet Joints**- These small joints at the back of the vertebrae have a cartilage surface, much like a knee or hip joint does.

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