

Spinal Regions & Vertebrae Quiz

1. What are some other names for the spine?

2. What regions make up the spinal column? How many vertebrae are in each region?
Which are fused?

3. How are vertebrae labeled/numbered?

4. Where do we experience the most movement in the spine, and why?

5. What is the shape of each curve?

6. What is the sacrum?

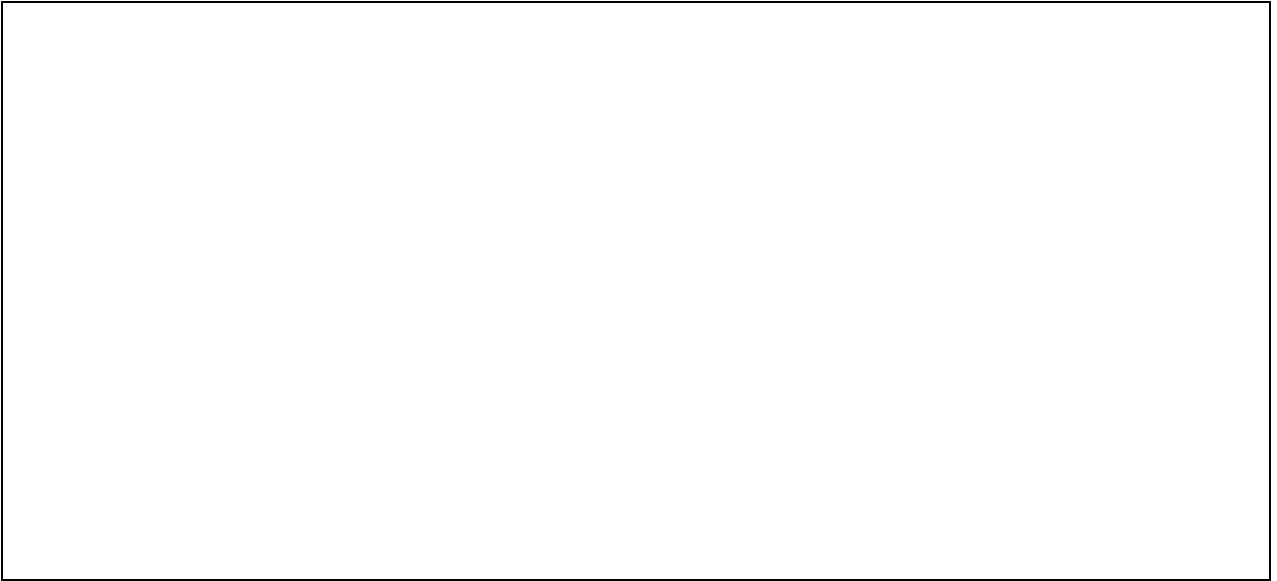
7. What are the "primary curves" and why are they given that name?

8. What are the "secondary curves" and why are they given that name?

9. How can *Savasana* be used to identify spinal curves?

10. What are vertebrae?

11. Describe the general structure of an individual vertebra.



12. What are intervertebral discs?

