

Review of Cervical Spine Anatomy

1. Fill in the blanks in the following paragraph:

Spine has apart and an immobile part.part has consists of(number) cervical vertebrae,(number) thoracic vertebrae,(number) lumbar vertebrae. The immobile part consists of the and the

2. Name the curvatures of each region of the spine:

Cervical region

Thoracic region

Lumbar region

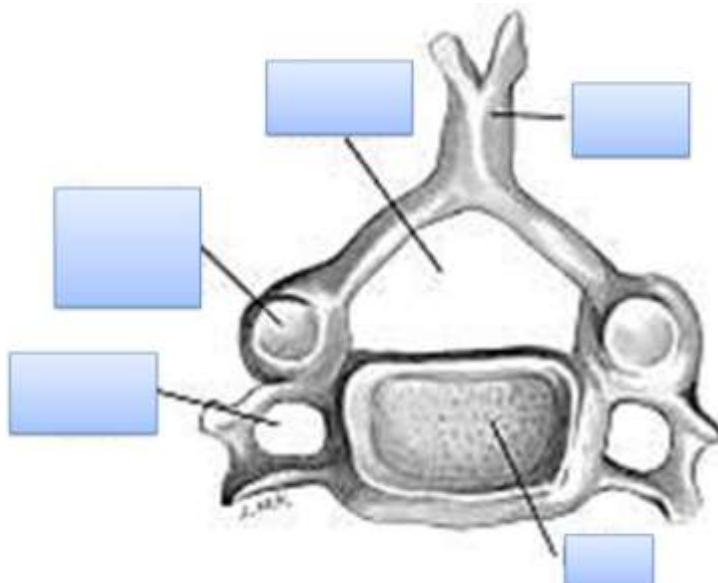
3. Which of the following is a function of the spine:

- a. Provides attachments for the ribs and strong muscles
- b. Protects viscera (thoracic and pelvic)
- c. Protects the spine cord
- d. Provides «stable» mobility
- e. All of the above

4. Which of the things below is true for the function of the cervical spine:

- a. It is the less mobile region of the spine
- b. Protects the spinal cord and part of medulla oblongata
- c. Supports the head and positions it in space
- d. All of the above

5. Use the boxes to name the structure shown by the arrow in the image below:



6. Which of the following joints are unique to cervical spine:
 - a. Intervertebral joints
 - b. Apophyseal joints (facet joints)
 - c. Von Luschka's Joints
7. Approximately 50% of the rotation of the cervical spine happens in:
 - a. Upper cervical spine
 - b. Middle cervical spine
 - c. Lower cervical spine
8. Cervical discs are anatomically similar to the lumbar discs. True or false?
 - a. True
 - b. False
9. Posterior annulus of the cervical disc is..... than the lumbar one.
 - a. Narrower
 - b. Wider
10. Protraction means flexion in the upper cervical and extension in the lower cervical. True or false?
 - a. True
 - b. False
11. Retraction means flexion in the upper cervical and extension in the lower cervical. True or false?
 - a. True
 - b. False
12. Deep neck flexors like longus colli and longus capitis are prone to:
 - a. Tightness
 - b. Inhibition
13. Deep cervical extensors have significant proprioceptive function. True or false?
 - a. True
 - b. False
14. Scalene muscles are activated during normal breathing. True or false?
 - a. True
 - b. False
15. Abnormal breathing increases the loading of the cervical spine and might cause muscular pain. True or false?
 - a. True
 - b. False
16. Name at least 5 of the symptoms of the vertebral artery insufficiency
 - a.
 - b.
 - c.
 - d.

e.