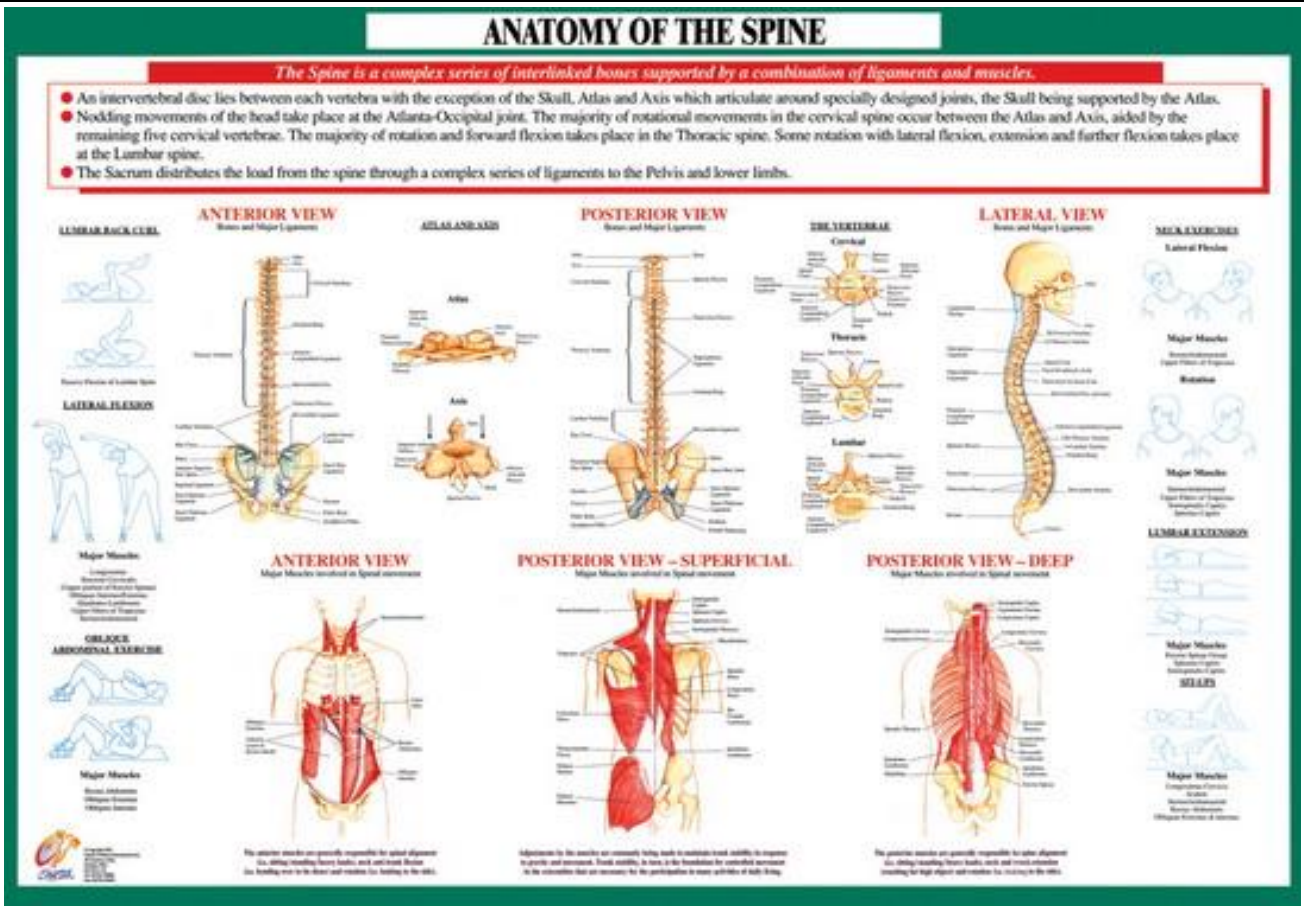


Anatomy of Spine Muscles Chart – CT085

<p>Description</p>	<ul style="list-style-type: none"> ◆ This Chart shows the major anatomical structures of the spine : including bones, ligaments, tendons and muscles. The spine is a complex series of interlinked bones supported by a combination of ligaments and muscles. Anterior, posterior and lateral views are illustrated of the bones and major ligaments as well as the major muscles involved in spinal movement. Also shown is the Atlas and Axis , and the cervical, thoracic and lumbar vertebrae. ◆ Movements of the spine are shown together with the muscles working these movements reinforcing their importance in maintaining trunk stability. As with the other joint anatomy charts this spine chart is an essential reference source to be used by doctors, therapists and educators to explain the structure and function of the spine to their clients. A must for your clinic wall, lecture room or fitness facility.
<p>Details</p>	<p>1. Dimension:A2 Size</p>
<p>Image</p>	 <p>ANATOMY OF THE SPINE</p> <p><i>The Spine is a complex series of interlinked bones supported by a combination of ligaments and muscles.</i></p> <ul style="list-style-type: none"> ● An intervertebral disc lies between each vertebra with the exception of the Skull, Atlas and Axis which articulate around specially designed joints, the Skull being supported by the Atlas. ● Nodding movements of the head take place at the Atlanto-Occipital joint. The majority of rotational movements in the cervical spine occur between the Atlas and Axis, aided by the remaining five cervical vertebrae. The majority of rotation and forward flexion takes place in the Thoracic spine. Some rotation with lateral flexion, extension and further flexion takes place at the Lumbar spine. ● The Sacrum distributes the load from the spine through a complex series of ligaments to the Pelvis and lower limbs. <p>LEADING BACK EXERCISE Major Muscles: Erector spinae (Iliocostalis, Longissimus, Spinalis), Latissimus Dorsi, Gluteus Maximus, Biceps Femoris, Hamstrings.</p> <p>LATERAL FLEXION Major Muscles: Erector spinae (Iliocostalis, Longissimus, Spinalis), Latissimus Dorsi, Gluteus Maximus, Biceps Femoris, Hamstrings.</p> <p>OBLIQUE ABDOMINAL EXERCISE Major Muscles: Rectus Abdominis, External Oblique, Internal Oblique, Transverse Abdominis.</p> <p>ANTERIOR VIEW Major Muscles involved in Spinal movement: Erector spinae (Iliocostalis, Longissimus, Spinalis), Latissimus Dorsi, Gluteus Maximus, Biceps Femoris, Hamstrings.</p> <p>POSTERIOR VIEW - SUPERFICIAL Major Muscles involved in Spinal movement: Erector spinae (Iliocostalis, Longissimus, Spinalis), Latissimus Dorsi, Gluteus Maximus, Biceps Femoris, Hamstrings.</p> <p>POSTERIOR VIEW - DEEP Major Muscles involved in Spinal movement: Erector spinae (Iliocostalis, Longissimus, Spinalis), Latissimus Dorsi, Gluteus Maximus, Biceps Femoris, Hamstrings.</p> <p>ATLAS AND AXIS Atlas and Axis vertebrae.</p> <p>THORACIC VERTEBRAE Cervical, Thoracic, Lumbar vertebrae.</p> <p>LATERAL VIEW Lateral view of the spine showing vertebrae and ligaments.</p> <p>MUSCLE EXERCISES Lateral Flexion, Major Muscles, Rotation, Major Muscles, LUMBAR EXTENSION, Major Muscles, SEARS, Major Muscles.</p> <p><small>The anterior muscles are generally responsible for spinal alignment (i.e. sitting/standing/lying back), and will resist flexion (i.e. bending over to the front and relative flexion in the ribs).</small></p> <p><small>Agreement by the muscles are necessary to maintain trunk stability in response to gravity and movement. Trunk stability, in turn, is the foundation for controlled movement in the remainder of the body. The contribution to these activities of body flexion.</small></p> <p><small>The posterior muscles are generally responsible for spinal alignment (i.e. sitting/standing/lying back), and will resist extension (i.e. leaning far back against the chair and relative flexion in the ribs).</small></p>