

Editor Note on Spine Research

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Editor Note

Spine is the one that helps in maintaining the posture of the body, provide support and protect our spinal cord from any injuries. It allows you to move and bend. Strength of the muscles and bones, ligaments and flexibility of the tendons, sensitive nerves will help in maintaining the healthy spine. It keeps us straight and connects the different parts of our skeleton to each other. Length of a person will depend on their height. Adult human being spine is S-shaped and its curve will help in maintaining balance and to allow motion throughout the spinal column.

Muscles that affect the spine are extensors and flexors. Extensor muscle attaches to back of the spine and help in maintaining the posture, other muscle flexors will be in the front and includes abdominal muscles, and this will help in maintaining the flexibility. 33 individual bones referred as vertebrae interlock with each other and form the spinal column. These vertebrae again divided into cervical, thoracic, lumbar, sacrum and coccyx regions. Among these regions

22 are moveable and the sacrum and coccyx are fused. Each region will have their unique feature that help them to perform their main functions. The neck region is the Cervical Spine, main function is to support the weight of the head, thoracic spine will help in holding the rib cage and protects heart and lungs, lumbar spine helps in bearing the weight of the body, sacrum spine function is to connect the spine to the hip bones, coccyx will provide attachment for ligaments and muscles of the pelvic floor. When the spine is observed from the side we can see four distinct curves. These curves are named as kyphotic or lordotic.

A kyphotic curve is a convex curve in the spine and lordotic curve is concave. Curves in the thoracic and sacral spine are kyphotic whereas curves in cervical and lumbar are lordotic. Spine protects our spinal cord, without which we cannot move any part of our body and organs could not function. Spinal cord is a column of nerves that connects brain and rest of our body allowing us to control the movements and help in carrying messages from your brain to the rest of your body, and from every part of your body back to your brain.

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