

Spine and Vertebrae

1. Answer the following questions:

A. Draw a diagram of spine?



B. What is Vertebrae?

C. What is Spine?

2. Write True or False:-

- A. The Spine supports your body and helps you walk, twist and move.
- B. Herniated disk can be painful.
- C. The nerves carry message between the brain and the muscles.
- D. Muscles supports the back and help you move.

3. Fill in the blanks:-

- A. The vertebral column encloses the _____ and the _____ surrounding the spinal cord.
- B. The spine has three normal curves _____, _____ and _____.
- C. The spine has _____ stacked vertebrae that form the spinal canal.

4. Match the following:-

Column A	Column B
i. Cervical	A. Tailbone
ii. Thoracic	B. Hips
iii. Lumbar	C. Middle back
iv. Sacrum	D. lower back
v. Coccyx	E Neck