1. How many total vertebrae are in the spine?
2. How many cervical vertebrae?
3. How many Lumbar vertebrae?
4. How many sacral vertebrae?
5. How many thoracic vertebrae?
6. How many vertebrae make up the coccyx?
7. List 2 functions of the spine:
8. What is C1 called?
9. What is C2 called?
10. How do you know where C7 is?
11. Which part of the spine is most mobile?
12. Which part of the spine is least mobile?
13. What structure goes inside the vertebral foramen?
14. What is the inside of the disc made up of?
15. What is the function of the disc?
16. What happens to the disc over time or throughout the day?
17. What is 1 question that you would ask in the history part of an evaluation?
18. How do you most often break your neck?
19. How do you treat a cervical fracture on the field?
20. What symptoms do you have with a spinal cord shock?
21. What do you feel with sciatica?
22. What are 2 ways to keep good spine health?
23. What is an anterior curvature of the spine? Posterior? Lateral?
24. Know the upper body and lower body myotomes:
25. What are 2 special tests for cervical spine pathology and what are positive signs for those tests?
26. What are 2 special tests for disc injuries and positive signs?
27. What is the test we learned for a facet joint injury?
28. What is the test for a spondy?
29. List 2 special tests for an SI joint injury and their positive signs:
30. List 5 signs/symptoms of a neck fracture:
31. What is the mechanism of injury for a brachial plexus stretch?
32. What is the most common back injury we see in athletics? Why do we see this so often?
33. Be able to label pictures of the 4 stages of a disc herniation
34. What is the mechanism of injury for a facet joint dysfunction?
35. Be able to label a spondy or scotty dog fracture.
36. Be able to label the spine and the parts of a vertebrae.
37. Be able to label the 3 types of vertebrae.