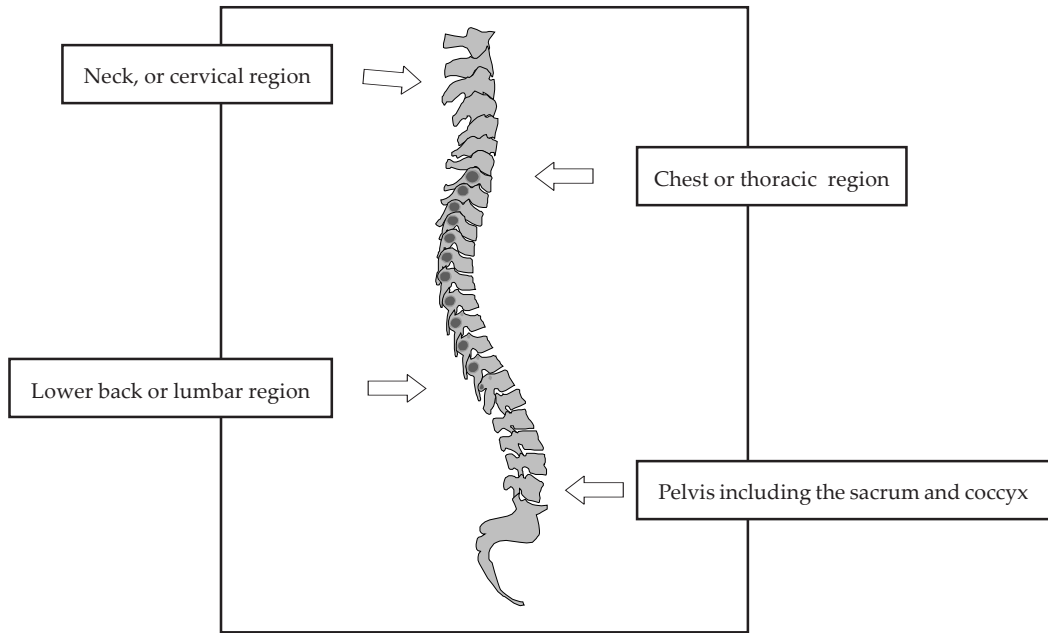


SPINAL AWARENESS



The spine is one of the main components of the skeleton; it provides central support, attachment of muscles and ligaments, allows movement to occur and provides protection for the spinal cord.

The spine consists of 33 vertebrae. The spinal unit consists of 3 principle components:

- The vertebrae
- The intervertebral disc
- Muscles and ligaments

The intervertebral disc has 4 functions

- Absorbs shock
- Acts as a spacer between vertebrae
- Reduces friction during movement
- Limits excess movement

The disc can be damaged by mechanical or chemical changes. The disc can rupture suddenly, or cumulative injury over time.

Effects of emotional stress can cause the muscles in the back and neck to tighten, causing back problems.

The most commonly injured areas of the spine are the cervical and lumbar regions.

Trainee Name	
Read, Understood and Signed	Date / /
Assessor Signed	Competent [Y] [N]