

## Orthotics in Kelowna

Orthotics in Kelowna - The spine protects and encloses the spinal cord, the bundle of nerves which transmits signals from the brain to the rest of the body.

The spine is likewise called the backbone or vertebral column. The spinal structure comprises a stack of 33 vertebrae, plus the coccyx and the sacrum, as well as the intervertebral discs dividing the bones. The spine is separated into four regions: the pelvic, the cervical, the thoracic and the lumbar regions. Each of these regions has distinguishing characteristics. A distinguishing characteristic of each region is how it curves while the spine changes directions. The cervical spine curves outward prior to moving inward along the thoracic curve and after that outward again along the lumbar curve.

Found generally in the neck, the cervical section consists of seven vertebrae. The two upper cervical vertebrae designated as C1 and C2, support the head. This first is likewise called the atlas bone in reference to Atlas of Greek mythology, who carried on his shoulders the celestial globe. The lower five vertebrae (C3-C7) are movable. The cervical vertebrae are the smallest individual vertebral bones. The trapezius muscle, that spans the shoulders, back and neck, is connected to this vertebral column, like several other muscle groups and their ligaments.

Located in the upper back, the thoracic section comprises 12 vertebrae referred to as T1-T12. This region is where the ribcage is situated and on every surface of these vertebrae are costal facets. The costal facets are where the ribs attach. The thoracic vertebrae are actually a little bigger could support more weight than the cervical vertebrae. The rhomboids, latissimus dorsi, and trapezius all attach here. There are more muscle groups which connect to the thoracic vertebrae than to the cervical vertebrae.

The largest vertebrae are the five located in the lumbar section. This section should absorb a lot of weight from the torso above. They have no costal facets in view of the fact that the ribcage ends at the thoracic. The lumbar vertebrae are surrounded by soft tissue, making them vulnerable to injury. They are exposed to compression forces as well as to forces acting on the body from several directions. Individuals who do heavy or frequent lifting should strengthen their core muscles surrounding the lumbar region so as to avoid injury.

The pelvic section, comprising the coccyx and sacrum, is characterized by several fused vertebrae, that means that they lack the intervertebral discs which hold the other vertebrae together and allow the vertebrae to move in relation to one another. The sacrum is situated under the lumbar section between the hipbones. It consists of five fused vertebrae that are consecutively smaller in shape. The coccyx, or also known as the tailbone, comprises four fused vertebrae, to which many muscles of the pelvic floor are connected. The coccyx makes it possible for people to balance in a sitting position.