VERTEBRAL COLUMN II

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| **Across****2.** Semispinalis distal attachment: between \_\_\_\_\_ and \_\_\_\_\_ nuchal lines**9.** A child's pose stretches the\_\_\_\_\_\_ \_\_\_\_\_\_\_.**10.** Function of erector spinae**11.** A vertebrae stabiliser**12.** Erector spinae, splenius capitus and cervicis are innervated by?**13.** A proximal attachment of lumbar region (multifudus):**14.** A distal attachment of erector spinae: \_\_\_\_\_\_ \_\_\_\_\_\_ crest | **Down****1.** The yoga pose Cat and Cow, strengthens which back muscle group?**3.** By standing still, bringing your left hand on top of head and pushing the head to the left slowly... what muscle is being targetted?**4.** A distal attachment of iliocostalis (erector spinae) is**5.** True/False: Capitus distal attachment is Lower 1/2 nuchal ligament**6.** Side plank targets which intrinsic muscle?**7.** A deep back muscle that functions to fixate the 12 rib during what?**8.** An exercise that targets erector spinae |