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 |