VERTEBRAL COLUMN II

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 2S |  U |  P |  E |  R |  I |  O |  R |  I |  N |  F |  E |  R |  I |  O |  R |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  N |  | 3S |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 4L |  |  |  |  |  |  | 5F |  |  |  |  |  S |  |  P |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 6Q |  |  O |  |  | 7R |  |  |  |  A |  |  |  |  |  V |  |  L |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  U |  |  W |  |  |  E |  |  |  |  L |  |  |  |  |  E |  |  E |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  A |  |  E |  |  |  S |  | 8D |  |  S |  |  |  |  |  R |  |  N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  D |  |  R |  |  |  P |  | 9E |  R |  E |  C |  T |  O |  R |  S |  P |  I |  N |  A |  E |  |  |  |
|  |  |  |  |  |  |  |  R |  |  R |  |  |  I |  |  A |  |  |  |  |  |  |  O |  |  U |  |  |  |  |  |  |
|  |  |  |  | 10D |  Y |  N |  A |  M |  I |  C |  P |  R |  O |  D |  U |  C |  E |  R |  |  |  S |  |  S |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  T |  |  B |  |  |  A |  |  L |  |  |  |  |  |  |  P |  |  C |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  S |  |  |  |  |  I |  |  F |  |  |  |  |  |  |  N |  |  P |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  L |  |  |  | 12P |  O |  S |  T |  E |  R |  I |  O |  R |  R |  A |  M |  I |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  U |  |  |  |  |  N |  |  |  |  |  |  |  |  |  L |  |  T |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  M |  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  U |  |  |  |  |  |  |
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|  |  |  | 13S |  A |  C |  R |  O |  I |  L |  I |  A |  C |  L |  I |  G |  A |  M |  E |  N |  T |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  R |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  U |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 14M |  E |  D |  I |  A |  N |  S |  A |  C |  R |  A |  L |  |  |  |  |  |  |  |  |  |  |  |

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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 |