VERTEBRAL COLUMN II

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 2  S | U | P | E | R | I | O | R | I | N | F | E | R | I | O | R |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 4  L |  |  |  |  |  |  | 5  F |  |  |  |  | S |  | P |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 6  Q |  | O |  |  | 7  R |  |  |  | A |  |  |  |  | V |  | L |  |  |  |  |  |  |
|  |  |  |  |  |  |  | U |  | W |  |  | E |  |  |  | L |  |  |  |  | E |  | E |  |  |  |  |  |  |
|  |  |  |  |  |  |  | A |  | E |  |  | S |  | 8  D |  | S |  |  |  |  | R |  | N |  |  |  |  |  |  |
|  |  |  |  |  |  |  | D |  | R |  |  | P |  | 9  E | R | E | C | T | O | R | S | P | I | N | A | E |  |  |  |
|  |  |  |  |  |  |  | R |  | R |  |  | I |  | A |  |  |  |  |  |  | O |  | U |  |  |  |  |  |  |
|  |  |  |  | 10  D | Y | N | A | M | I | C | P | R | O | D | U | C | E | R |  |  | S |  | S |  |  |  |  |  |  |
|  |  |  |  |  |  |  | T |  | B |  |  | A |  | L |  |  |  |  |  |  | P |  | C |  |  |  |  |  |  |
|  |  |  |  |  |  |  | U |  | S |  |  | T |  | 11  I | N | T | E | R | S | P | I | N | A | L | I | S |  |  |  |
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|  |  |  |  |  |  |  | L |  |  |  | 12  P | O | S | T | E | R | I | O | R | R | A | M | I |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | M |  |  |  |  |  |  |  |  |  |  |  |  |  | I |  | U |  |  |  |  |  |  |
|  |  |  |  |  |  |  | B |  |  |  |  |  |  |  |  |  |  |  |  |  | S |  | S |  |  |  |  |  |  |
|  |  |  | 13  S | A | C | R | O | I | L | I | A | C | L | I | G | A | M | E | N | T |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | R |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 14  M | 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 |