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 **Subject Cross sectional anatomy**

**what is cervical spine ?**

 The neck is part of a long flexible column, known as the spinal column or backbone, which extends through most of the body. The **cervical spine** neck region consists of seven bones C1-C7 vertebrae which are separated from one another by intervertebral discs.

 **Cervical spine mean:**

 The **cervical spine**, also known as the **neck**, is comprised of seven vertebral bodies (C1-C7) that make up the upper most part of the **spine**. These **vertebrae** connect the **spine** to the skull.

**The function of the cervical spin:**

The **cervical spine** is delicate—housing the **spinal** cord that sends messages from the brain to control all aspects of the body—while also remarkably strong and flexible, allowing the **neck** to move in all directions. The **neck** is connected to the upper back through a series of seven vertebral segments.



**Causes cervical spine pain:**

 The **Cervical Spine** and What Can Go Wrong

Ligaments, muscles, and tendons help stabilize and move the **cervical spine**. The most common **cause** of neck **pain** occurs when one of these soft tissues becomes strained or sprained from overuse or overextension. This type of injury typically heals within a week or two.

**What are the symptoms of cervical pain?**

* Neck stiffness and pain.
* Headache that may originate in the neck.
* Pain in the shoulder or arms.
* Inability to fully turn the head or bend the neck, sometimes interfering with driving.
* Grinding noise or sensation when the neck is turned.

**Treatment of cervical spine:**

* Nonsteroidal anti-inflammatory drugs. While some types of NSAIDs are available over the counter, you may need prescription-strength versions to relieve the pain and inflammation associated with cervical spondylosis.
* Corticosteroids. ...
* Muscle relaxants. ...
* Anti-seizure medications. ...
* Antidepressants.





**What is thoracic spine?**

The section of the **spinal** column called the **thoracic spine** begins below the cervical **spine** (C7, neck), roughly at shoulder level and continues downward until it reaches the first level of the low back (L1, lumbar **spine**). Twelve **vertebrae**, numbered T1 through T12 from top to bottom, make up the **thoracic spine**.

 **The meaning of thoracic spine:**

  **Thoracic vertebrae** are the twelve vertebral segments (T1-T-12) that make up the **thoracic spine**. These structures have very little motion because they are firmly attached to the ribs and sternum (breastbone).

**What are the symptoms of thoracic spine nerve damage?**

 If any of the thoracic nerves become inflamed, such as from a thoracic herniated disc or a narrowing of the foramen, thoracic radiculopathy can develop with symptoms of pain, **tingling**, **numbness**, and/or weakness radiating along the nerve root.

**What can cause thoracic back pain?**

 The most common **cause** of **thoracic back pain** is inflammation of the muscles or soft tissues of the **thoracic spine**. This inflammation **can** occur for a number of **reasons**: A sudden sprain or strain (as in car accidents or sports injuries). Sitting or standing in a slouched position over time.

**How is thoracic back pain treated?**

 Because **pain** in the **thoracic** region is often caused by muscle tension and poor posture, initial **treatment** efforts focus on relieving the tension with stretching, massage, and over-the-counter medications such as acetaminophen or ibuprofen. Heat and/or ice therapy can help reduce muscle **pain** and stiffness as well.

**cross section important:**

Geologic maps are **important** tools for understanding geologic structures. They also help geologists find **important** economic minerals and avoid hazards. ... **Cross sections** show the geology of a vertical plane below the earth's surface. **Cross sections** are valuable tools for visualizing structures

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**MRI** scans can **take** from 30 minutes to an hour or more, depending on how much of your **spine** is being scanned. After a **spine MRI**, you can go back to your normal activities right away.

The **pain** may increase with certain positions or movements of the neck. **Thoracic** spine — Symptoms of **a thoracic** disc herniation can be comprised of posterior chest **pain** radiating around one or both sides of the rib cage. Such **pain** is usually triggered by physical exertion and can even be caused by taking **a** deep breath.

**Thoracic** back **pain** is **pain** that occurs in the **thoracic** spine. The **thoracic** spine is **located** at the back of the chest (the **thorax**), mostly between the shoulder blades. It extends from the bottom of the neck to the start of the lumbar spine, roughly at the level of the waist.

Certain **sleeping** positions can help ease your back **pain**, so find one that is most comfortable for you. Try **sleeping** with a pillow between or underneath your legs for extra support. If you **sleep** on your side, put the pillow between your knees and draw them up slightly toward your chest.



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