

HOMEWORK ON THE SPINE AND SCIATICA – LYTTC November 2018 (Lesley Dike)

1. What is the main function of the spine?
2. How does weightbearing differ between the lumbar and cervical spines?
3. When does this become problematic?
4. Why are there curves in the spine?
5. What is the lumbar spine primarily built for?
6. And the thoracic?
7. And the cervical?
8. How much of the spine is involved in cervical rotation?
9. Describe how the ribs attach to the thoracic spine.
How many joints are involved?
10. What implications does this have for spinal movement?
11. How does stress affect the neck area?

12. What is the classic muscle imbalance in the neck/thoracic/scapular area?
13. What can we do to help?
14. Explain the two different layers of muscle closely attached to the spine.
What are their different functions?
15. What is the advantage to the back of strengthening the abdominals?
16. What is the definition of sciatica?
17. What are the symptoms of sciatica?
18. Name 5 conditions that can cause sciatica?
19. Why would sitting on the floor with acute sciatica not be a good idea?
20. Give three examples of postures that would be good to help a recovering sciatic nerve?