

Cervical Disc Anatomy 1- What and Where Are My Cervical Bones.

So if you want to learn about the cervical spine, the first thing you have to learn is anatomy. I am going to use the spine model here to show you some of the anatomy. You first have to realize that what we are talking about is the neck, and the neck goes from the back of the skull down to the seventh bone in the spine and here in this model, we can see the cervical spine being from here from the back of the skull down to the seventh bone in the neck. The other sections are the thoracic spine, which is also called the upper back and the lumbar spine, which is called the low back. So the cervical spine is made up of seven bones and we number the bones from one through seven and of course we start at the top. So the first cervical bone would be here and we call that C1, the next cervical bone would be here C2, C3, C4, C5, C6, C7 and then the cervical spine stops and we start with the thoracic spine. So if you have a herniated disc in your cervical spine, you have one of these discs herniated in this general area. Now remember, the front of the spine is the area we can see the discs and the back of the spine or the back of the neck we have just bones that cover the spinal cord which is _____ we will talk about later. So, the cervical spine is divided into seven different bones and in between each bone is a cushion or a disc and you can see that illustrated here in this model as a space between each one of the bones. The bones are hard like a rock and the disc is soft sort of like a rubbery like you have in your car tire and what that allows us to do is have the neck have flexibility to move but also have strains. So if you are jumping up and down or if you are hit in the head, your neck would not fall apart. So the discs connect the two bones together and the disc is what sometimes herniates called the cervical herniated disc.

Seth L. Neubardt, M.D.

SLN/gisl/din/qap/030114/SLN100012-1

New York City, NY Office

315 W. 57th St. Suite 304
New York, NY 10019
Tel: (914) 948-5067
Fax: (914) 948-5602

***Manhattan Practice Limited to Cervical Herniated Disc Surgery.*

White Plains, NY Office

244 Westchester Avenue, Suite 310
White Plains, NY 10604
Tel: (914) 948-5067
Fax: (914) 948-5602