

Cervical Disc Anatomy 2- What Is Next To The Cervical Spine Discs

In the front of the neck, we have the bones that we talked about. We have the discs in between each bone and in front of that which you can see in anybody's neck, we have the breathing pipe, the windpipe also called the trachea. We have the pipe for your swallow called the esophagus, and there are some structures such as blood vessels like the carotid artery that pump blood up to the brain. So those structures all live in the front here but they are very close to the spine bone. So remember your spine bone, your spine bones are very close to the skin, just maybe an inch underneath the skin. In the back posteriorly, it is also not too far away that you have the bones but we have these big muscles in the back which hold your head up, and those are located on either side of the spine bone.

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