

# SPINE FACTS

The spine is divided into 5 regions: the **CERVICAL** (C1-C7), the **THORACIC** (T1-T12), the **LUMBAR** (L1-L5), the **SACRUM** with fused vertebra (S1-S5) and the **COCCYX**, or tailbone.

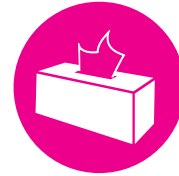
**INTERVERTEBRAL**, or **SPINAL DISCS**, are flat, round cushioning pads that sit between each vertebra or back bone.

The **SOFT TISSUE** in the spinal region include **TENDONS**, which connect muscles to bone, and ligaments, which connect bones together and add strength to joints.

The average adult spine consists of **33 BONES**, or **VERTEBRA**.



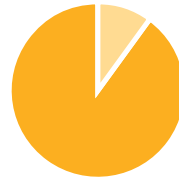
**80% of people in the United States** will experience back pain at some point in their lives.



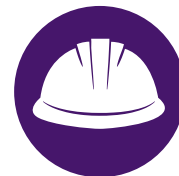
Besides the common cold, back pain is the **number one reason** people visit their family doctors.



**83 million Americans** indicate that pain affects basic functioning in their everyday lives.



About **10%** of the population has a 6th lumbar vertebrae and only 4 fused sacral vertebra.



**More than one million workers** suffer back injuries annually, and these account for one in five workplace injuries.



The spinal cord is a column of nerve fibers that are responsible for sending and receiving messages from the brain to the rest of the body. Nerve roots are used to transmit information regarding what is being felt and what is being directed to move.

**Sources:** NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases (n.d.), A.D.A.M. Medical Encyclopedia (2012), Pain in America: A Research Report, a survey conducted for Merck by the Gallop Organization, 2000



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