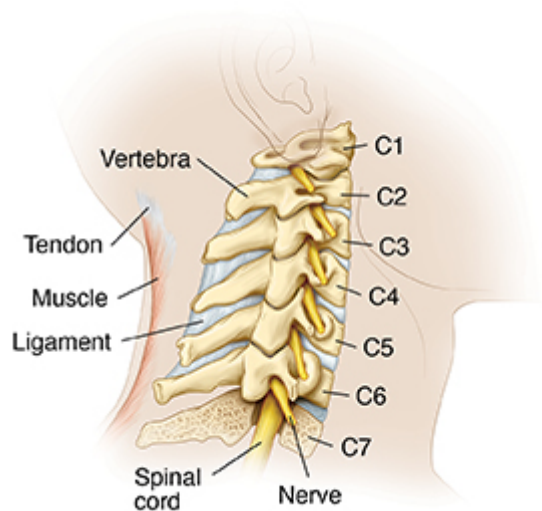


Know Your Neck: The Cervical Spine



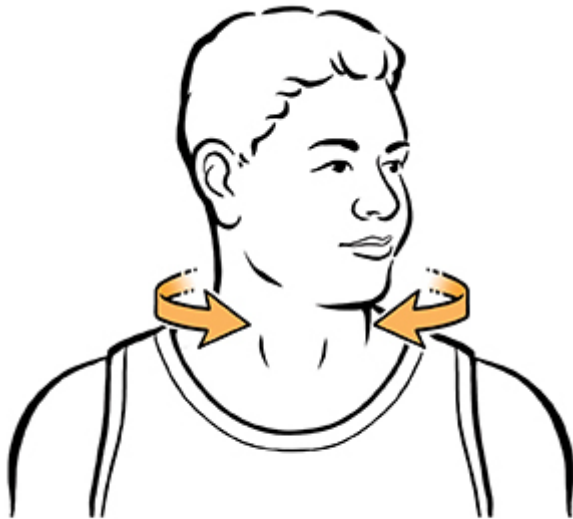
By learning about the parts of the neck, you can better understand your neck problem. The bones of the neck are called cervical vertebrae, commonly identified as C1 through C7. Together, they form a bony column called the spine. Vertebrae also protect the spinal cord, a pathway for messages to reach the brain. Surrounding the spine are soft tissues, such as muscles, tendons, and nerves.



Flexibility is key

For the neck to function normally, it has to be flexible enough to move without discomfort. A healthy neck can move easily in six different directions.





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