

What are Ligaments?

- Connect bone to bone
- Made of collagen fibers (stiff) and elastin (stretchy)
- Collagen fibers are all lined up in one direction
- Are pearly white
- Found throughout the body
- Stiff in the longitudinal direction, and stretchy in the transverse direction
- Collagen fibers have a characteristic crimp pattern



<http://ajs.sagepub.com/content/32/4/870/F9.expansion>

Why do we have Spinal Ligaments?

- Contribute to structural stability
- Help to maintain upright posture without the use of muscles
- Stop bones from moving out of place

What are the different types of Spinal Ligaments?

- Ligamentum Flavum
- Interspinous Ligament
- Intertransverse Ligament
- Anterior Longitudinal Ligament
- Posterior Longitudinal Ligament
- Supraspinous Ligament
- Facet Capsulary Ligament

<http://www.spineuniverse.com/anatomy/ligaments>

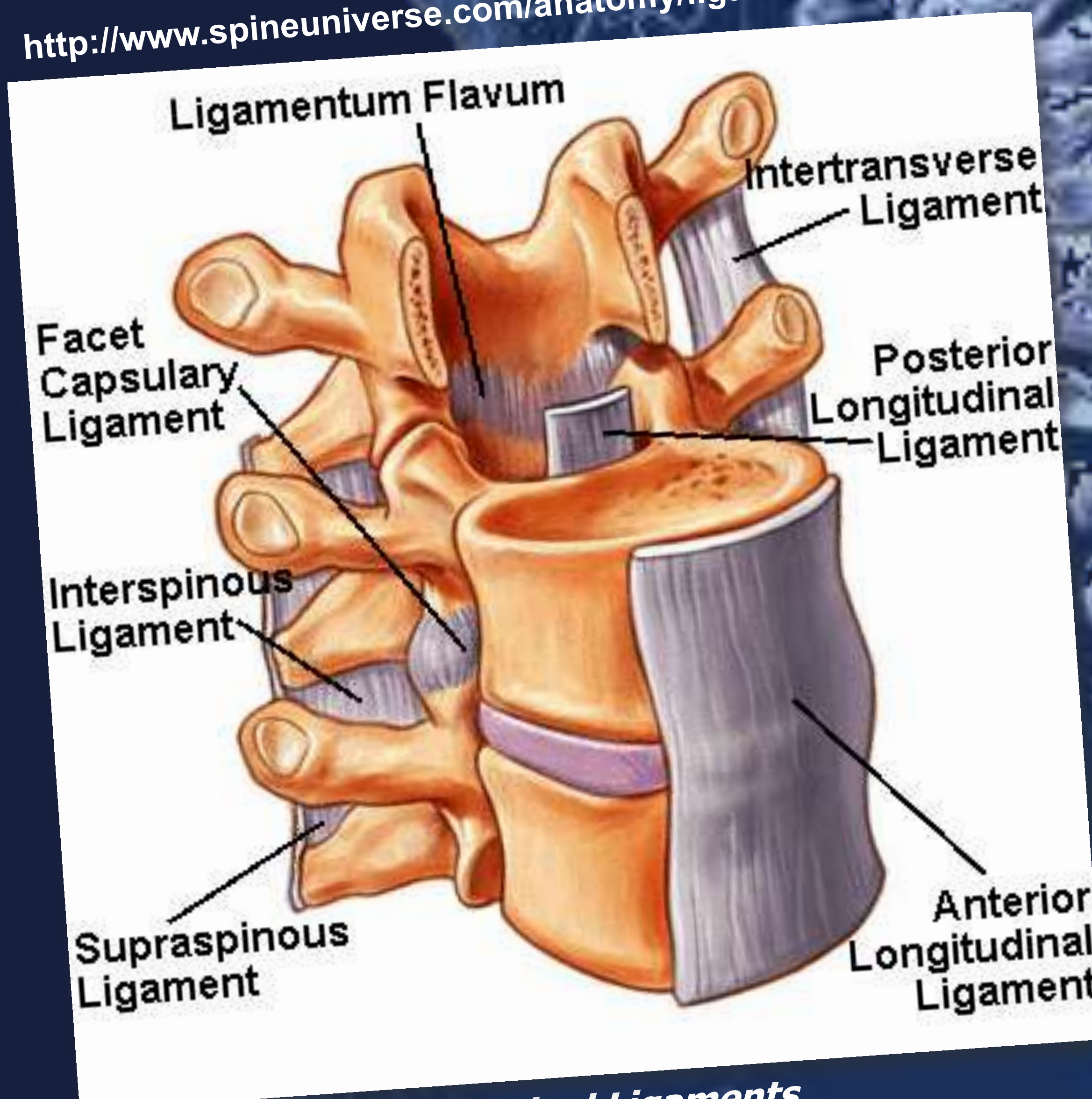


Figure 1: Common Spinal Ligaments

What are the regions of the spine?

- There are 3 regions of the spine
 - Cervical
 - Thoracic
 - Lumbar



<http://www.netterimages.com/image/1341.htm>

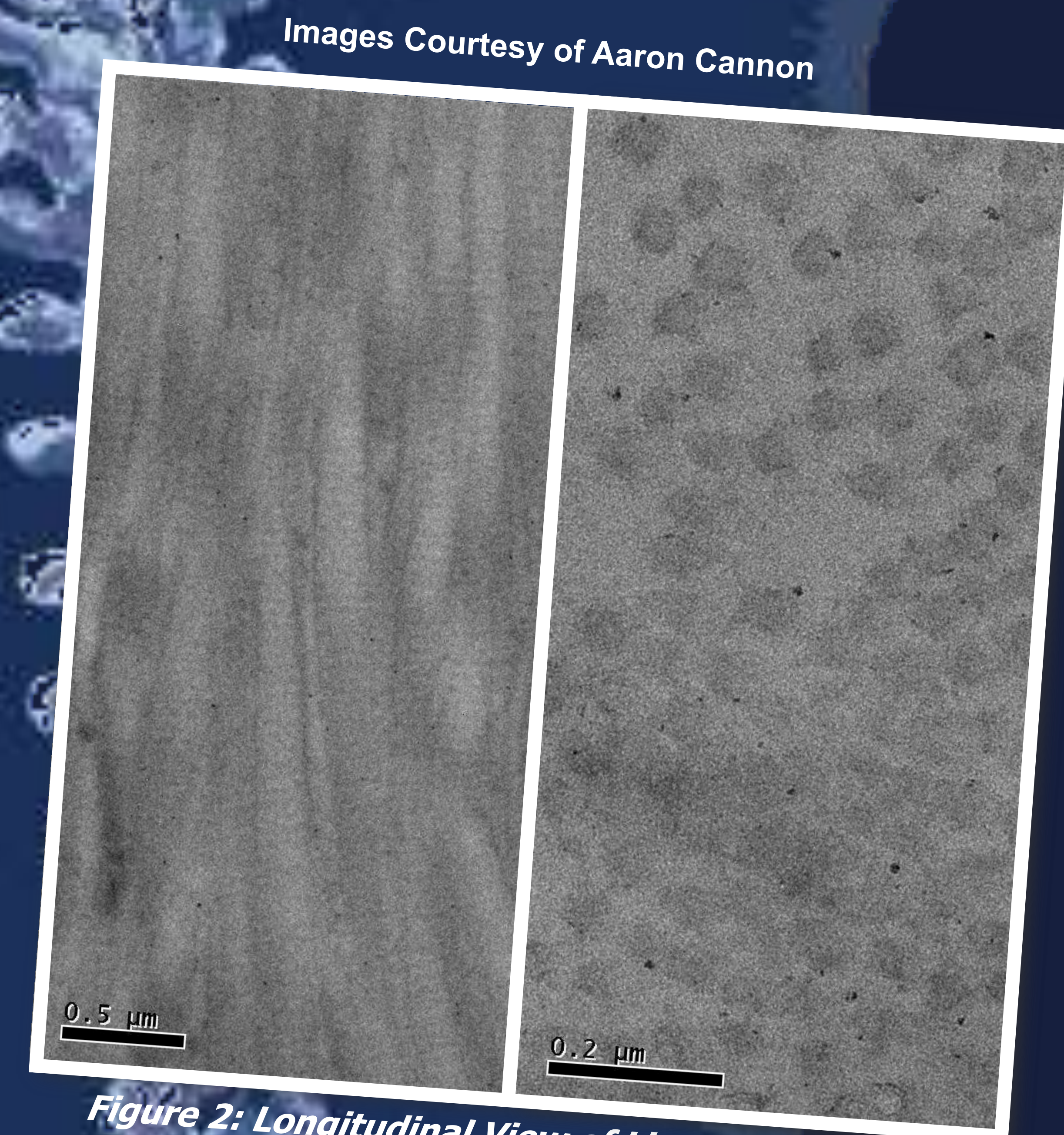


Figure 2: Longitudinal View of Ligaments (Left)
Cross-Sectional View of Ligaments (Right)

Trivia:

-How many vertebrae are there in your spine?

33

-How many different ligaments are there in your spine?

7

-What is a spinal process?

It is the bones that extend off of the vertebral body.

-What are ligaments made of?

Tough collagen fibers and stretchy elastin.