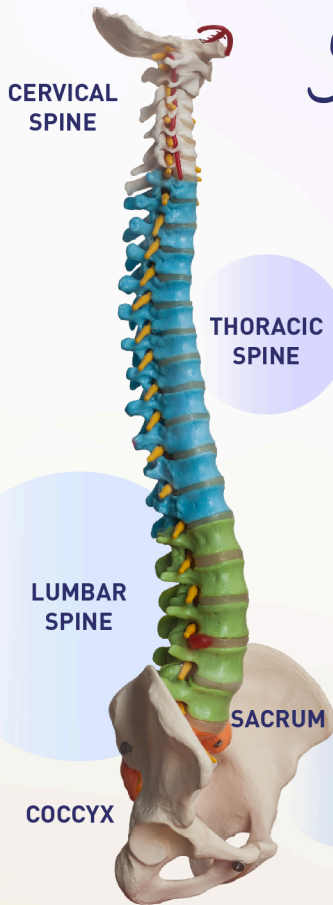








# HEALTHY SPINE

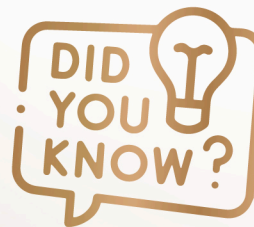
## Happy Back



### SPINE FACTS

-  It weighs **4.5 - 5.0kg** in a normal adult
-  The spine is made up of **33 bones** named "vertebrae"
-  Over **120 muscles** are attached to the spine
-  There are **220 ligaments** in the spine
-  A spine has over **100 joints**
-  Spine houses **31 pairs of nerves** that connect to billions of nerve cells in the body

- ✓ You are **TALLER** in the morning
- ✓ Back pain is the **MOST COMMON** type of pain
- ✓ Humans and giraffes **HAVE THE SAME NUMBER** of neck vertebrae - '7'
- ✓ As babies, we have **33 VERTEBRAE** but as adults we end up with 26
- ✓ The spine is **STRONG** and can withstand hundreds of kilograms of pressure
- ✓ Your spine can **REMEMBER** pain - it transmits neurons to an injured part of your body and creates sensitivity, even days after your injury has healed



**MEET US AT TOWER D, LEVEL 4  
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