

8 Things You Didn't Know About Your Spine

Your spine is one of the most important parts of your body, which is why taking good care of it is crucial for your overall health and wellness. Below, discover eight little known facts about your spine and consider how chiropractic can help you maintain your health!

8 THINGS

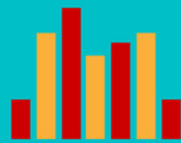
YOU DIDN'T KNOW
ABOUT YOUR

SPINE

IF YOUR SPINE DIDN'T
HAVE CURVES, IT
WOULDN'T BE NEARLY
AS STRONG AS IT IS.



The spine has an incredibly important job--to protect our body's nervous system!



About 10% of the population has a 6th lumbar vertebra.

AS WE AGE, THE
SPACE BETWEEN OUR SPINAL
DISCS GETS SMALLER. THIS IS
WHY SOME
PEOPLE LOSE AN INCH
OR MORE IN HEIGHT!

IF IT WASN'T FOR YOUR
SPINE, YOU WOULDN'T BE
ABLE TO BEND, DANCE OR
DRIVE A CAR.

The tailbone, also known as the coccyx, gets its name from resembling the beak of a cuckoo bird.



Humans are born with 33 spinal bones, but end up with 26 as adults.



THE #1 WORKERS
DISABILITY CAUSE IS
RELATED TO SPINAL
INJURIES.

SOURCES:

wikipedia.org/wiki/Coccyx
<http://www.spinalcord.com/>
<http://www.spine-health.com/>