

CONTENTS

THE VERTEBRAL COLUMN AS A WHOLE	8
The vertebral column: a stabilised axis	10
The vertebral column: axis of the body and protector of the neuraxis	12
The curvatures of the vertebral column	14
The development of the curvatures of the vertebral column	16
Structure of a typical vertebra	18
The curvatures of the vertebral column	20
Structure of the vertebral body	22
Functional components of the vertebral column	24
The elements of linkage between vertebrae	26
Structure of the intervertebral disc	28
The nucleus pulposus likened to a swivel	30
The 'preloaded' state of the disc and the self-stabilisation of the intervertebral joint	32
Water imbibition by the nucleus	34
Compression forces applied to the disc	36
Variations in disc structure related to cord level	38
Disc behaviour during simple movements	40
Automatic rotation of the vertebral column during flexion	42
Flexion and extension of the vertebral column: range of movement	44
Range of lateral flexion of the whole vertebral column	46
Range of axial rotation of the whole vertebral column	48
Clinical assessment of the range of movements of the vertebral column	50
THE BONY PELVIS AND THE SACRO-ILIAC JOINTS	52
The bony pelvis in the two sexes	54
Structure of the bony pelvis	56
The articular surfaces of the sacro-iliac joint	58
The articular facet of the sacrum	60
The sacro-iliac ligament	62
Nutation and counter-nutation	64
The various theories of nutation	66
The pubic symphysis and the sacro-coccygeal joint	68
Effect of posture on the joints of the bony pelvis	70
THE LUMBAR VERTEBRAL COLUMN	72
The lumbar vertebral column viewed as a whole	74
Structure of the lumbar vertebrae	76
The ligaments of the lumbar vertebral column	78
Flexion and extension and lateral flexion of the lumbar vertebral column	80
Rotation of the lumbar vertebral column	82
The lumbo-sacral joint and spondylo-olisthesis	84
Iliolumbar ligaments and movements of the lumbo-sacral joint	86

THE VERTEBRAL COLUMN AS A WHOLE
 PREFACE TO THE FRENCH EDITION

The trunk muscles seen in horizontal section	88
Posterior muscles of the trunk	90
Role of the third lumbar and twelfth thoracic vertebrae	92
The lateral muscles of the trunk	94
The muscles of the abdominal wall: the rectus abdominis and the transversus abdominis	96
The muscles of the abdominal wall: the obliquus internus abdominis and the obliquus externus abdominis	98
The muscles of the abdominal wall: the curve of the waist	100
The muscles of the abdominal wall: the rotation of the trunk	102
The muscles of the abdominal wall: flexion of the trunk	104
The muscles of the abdominal wall: the flattening of the lumbar curvature	106
The trunk as an inflatable structure	108
The vertical column while standing at rest	110
Sitting and lying positions	112
Range of flexion and extension of the lumbar vertebral column	114
Range of lateral flexion of the lumbar vertebral column	116
Range of rotation of the thoracolumbar vertebral column	118
The intervertebral foramen and the radicular orifice	120
The various types of intervertebral disc prolapse	122
Disc prolapse and the mechanism of nerve root compression	124
Lasègue's sign	126

THE THORACIC VERTEBRAL COLUMN AND RESPIRATION 128

The typical thoracic vertebra and T ₁₂	130
Flexion, extension and lateral flexion of the thoracic vertebral column	132
Axial rotation of the thoracic vertebral column	134
The costovertebral joints	136
Movements of the ribs at the costovertebral joints	138
Movements of the costal cartilages and of the sternum	140
The shape changes of the thorax in the sagittal plane during inspiration	142
Mode of action of the intercostal muscles and the sternocostalis	144
The diaphragm and its mode of action	146
The respiratory muscles	148
Antagonism and synergism of the diaphragm and the abdominal muscles	150
Air movement in the respiratory airways	152
Respiratory volumes	154
The pathophysiology of respiration	156
The dead space	158
Compliance of the thoracic cage	160
The elasticity of the costal cartilages	162
The mechanism of coughing: the closure of the glottis	164
The muscles of the larynx and the protection of the airways during swallowing	166

THE CERVICAL VERTEBRAL COLUMN

The cervical vertebral column taken as a whole	170
Diagrammatic representation of the structure of the first three cervical vertebrae	172
The atlanto-axial joint	174
Flexion and extension in the atlanto-axial and the atlanto-odontoid joints	176
Rotation at the atlanto-axial and the atlanto-odontoid joints	178
The articular surfaces of the atlanto-occipital joints	180
Rotation at the atlanto-occipital joints	182
Lateral flexion, flexion and extension at the atlanto-occipital joint	184
The suboccipital vertebral ligaments	186
The suboccipital ligaments of the neck	188
The suboccipital ligaments of the neck (continued)	190
The structure of a typical cervical vertebra	192
The ligaments of the lower cervical vertebral column	194
Flexion and extension of the lower cervical vertebral column	196
Movements at the unco-vertebral joint	198
The orientation of the articular facets: the composite axis of combined rotation and lateral flexion	200
Combined lateral flexion and rotation in the lower cervical vertebral column	202
Geometrical analysis of the components of lateral flexion and rotation	204
Mechanical model of the cervical vertebral column	206
Lateral flexion and rotation on the mechanical model	208
Comparison of the model and the cervical column during lateral flexion and rotation	210
Compensations in the suboccipital vertebral column	210
Compensations in the suboccipital vertebral column (continued)	212
Range of movements of the cervical vertebral column	214
The balancing of the head on the cervical vertebral column	216
Structure and action of the sterno-mastoid	218
The prevertebral muscles: the longus cervicis	220
The prevertebral muscles: the anterior and lateral rectus muscles of the neck	222
The prevertebral muscles: the scalene muscles	224
The prevertebral muscles viewed as a whole	226
Flexion of the head and neck	228
The posterior muscles of the neck	230
The suboccipital muscles	232
Action of the suboccipital muscles: lateral flexion and extension	234
Rotatory action of the suboccipital muscles	236
The posterior muscles of the neck: the deep and superficial planes	238
The posterior muscles of the neck: the intermediate planes	240
Extension of the cervical column by the posterior neck muscles	242
Synergism and antagonism of prevertebral muscles and the sterno-mastoid	244
The range of movements of the cervical column as a whole	246
Relationship of the neuraxis to the cervical column	248
Relationship of the cervical nerve roots to the cervical column	250