

Name: _____

Back Care Awareness

Z J D R N E S P I N O U S P R O C E S S R Q V J
X B U L G I N G D I S C J E M U F I P V O D E E
C F C R B S Z Y H X V N H R F U S O V S T E X T
I B T H S U Y Q Y X O W G J R T N L O L A G E S
C F C R I P R X I I A R O F N D N H R T T E R X
A K O J Z P U R S K C D Y I Y E N Y A P I N C Z
R R J J I O P N N N B K O L C X B P B Y O E I T
O S W H C R E H G O E J O K E H Z H M P N R S Z
H K A L D T O M E D T S J N I Z H M U P M A E S
T A X B X J N C I E I M J O M B O X L K F T J I
L W Q E G I F A C S A A G I S T N E M A G I L P
Z E I U G S W A I D C I S T V R Y Y S D T V T N
T P U L V C F J Q D H L P A E X B D U W D E M N
M G Q U R Y M I T K Q V I S R Z P M M J J D O K
N O I T A L U P I N A M N I T H L M Q K D I D V
Y V L Z J L E U Q N B O A L E Z X X L R T S V M
W Y R B R S N P W Z K S L I B Y Y Q O A K C O J
I H G N F E I P K T M B N B R J K C I Y E U N N
R S A X I L P E P N R V E O A Q L N L L G O W T
Q K M V Q C S G W W R C R M J A R C T C I K I L
X E V P K S F K L E S J V T N E F Z Z X C B P V
M S H Z I U Q J H Y Q A E I H X M F E A H P I X
E Y O X I M R Z U E M Q P E D P L L B H S W T G
P C E R V I C A L Z I S R S R N F T N I O J Q I

Degenerative disc
Facet joints
Spinal cord
Exercise
Cervical
Lumbar
Back

Spinous process
Bulging disc
Herniation
Rotation
Muscles
Joint

Mobilisation
Spinal nerve
Ligaments
Vertebra
Flexion
Spine

Manipulation
Spondylosis
Extension
Thoracic
Support
Neck