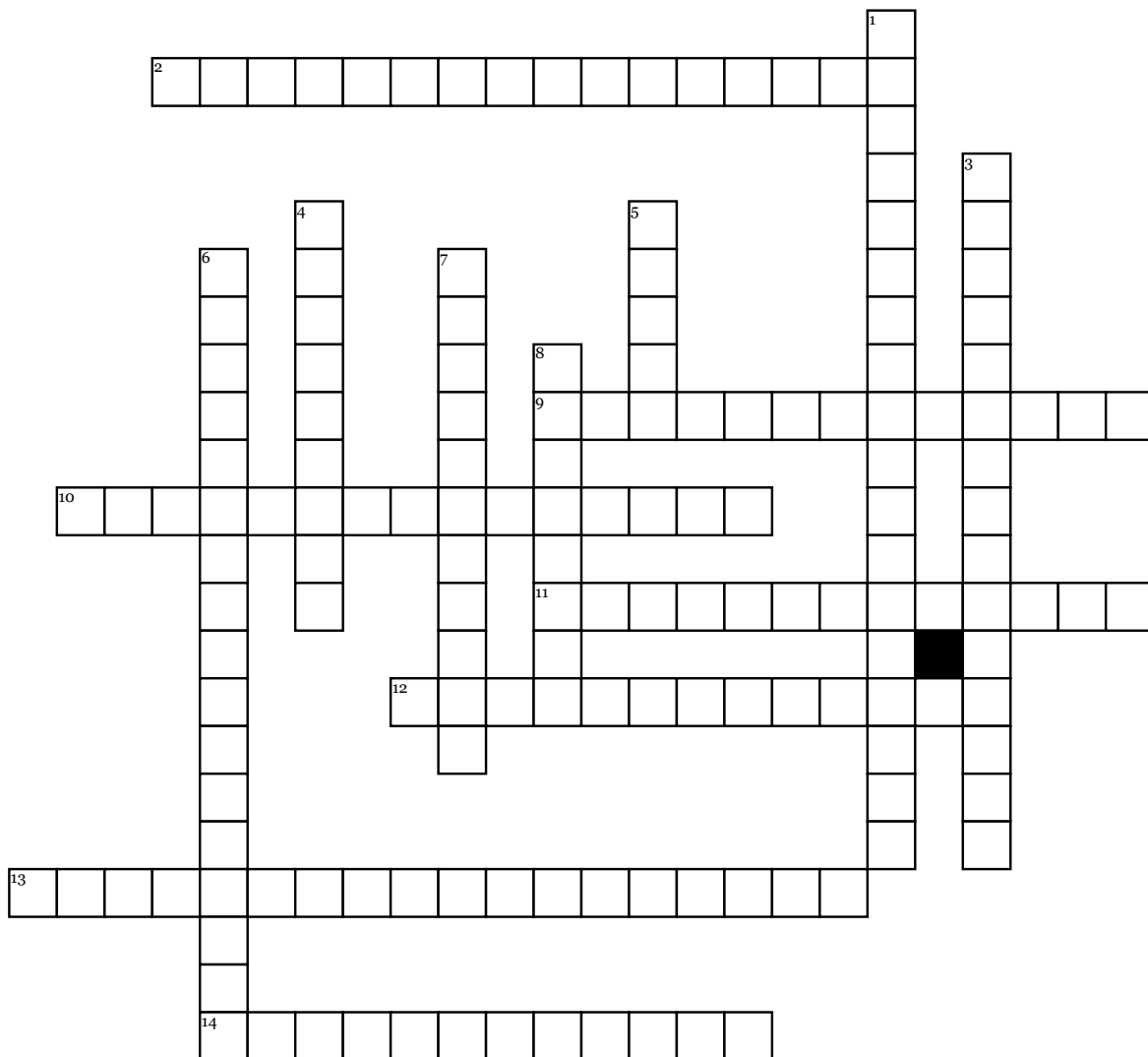


VERTEBRAL COLUMN II



Across

- 2.** Semispinalis distal attachment: between _____ and _____ nuchal lines
- 9.** A child's pose stretches the _____.
- 10.** Function of erector spinae
- 11.** A vertebrae stabiliser
- 12.** Erector spinae, splenius capitus and cervicis are innervated by?
- 13.** A proximal attachment of lumbar region (multifidus):

- 14.** A distal attachment of erector spinae: _____ crest

Down

- 1.** The yoga pose Cat and Cow, strengthens which back muscle group?
- 3.** By standing still, bringing your left hand on top of head and pushing the head to the left slowly... what muscle is being targetted?
- 4.** A distal attachment of iliocostalis (erector spinae) is

- 5.** True/False: Capitus distal attachment is Lower 1/2 nuchal ligament

- 6.** Side plank targets which intrinsic muscle?
- 7.** A deep back muscle that functions to fixate the 12 rib during what?
- 8.** An exercise that targets erector spinae