

Anatomy and Physiology Pre-course Homework

We will be studying these during the course, but before you arrive it will be helpful if you are familiar with these anatomical terms:

1. The 4 regions of the spine: Cervical, Thoracic, Lumbar and Sacral
2. Lordosis and Kyphosis
3. Agonist/Antagonist, Flexion/Extension, Prone/Supine, Anterior/Posterior
4. Central Nervous System, Sympathetic Nervous System, Parasympathetic Nervous System
5. Myotatic Stretch reflex
6. Sciatica
7. Disc herniation
8. Sacroiliac joints
9. Scoliosis