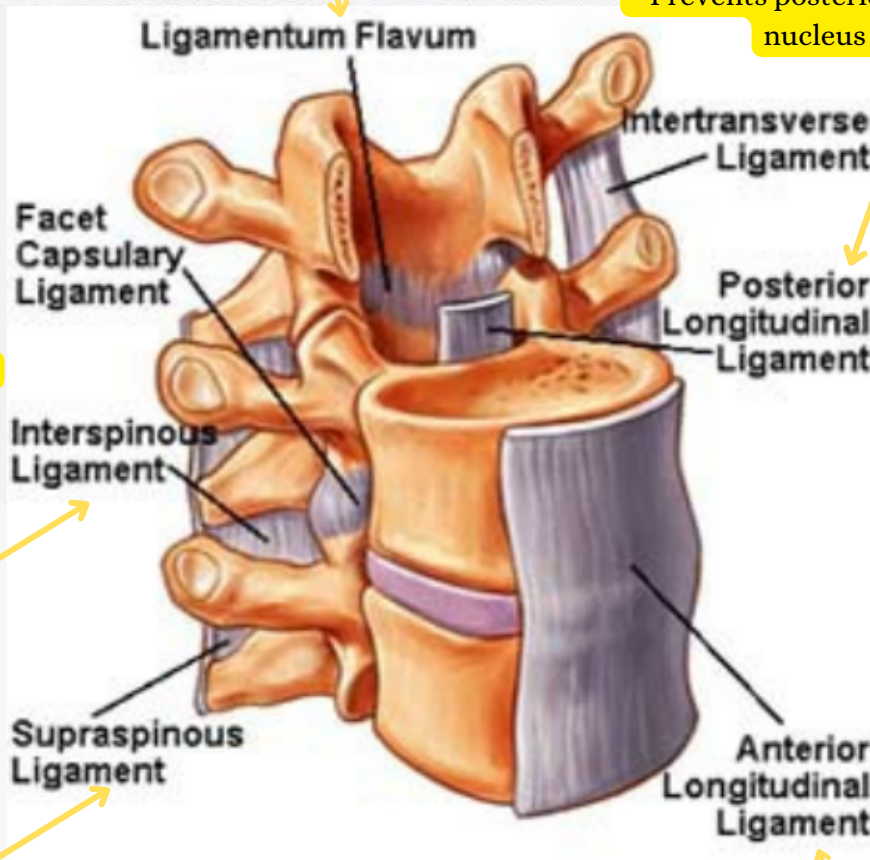


# LIGAMENTS OF THE SPINE



- Pale yellow bands of elastic tissue
- Extends from the lamina above to the lamina below
- Strong
- Limits abrupt flexion of lamina
- Elasticity helps strengthen the column after flexing

- Narrow, a weak muscle
- Weakly prevents hyperflexion
- Starts from the body of axis (C2) to the sacrum
- Connects to the IV discs more than vertebral body themselves
- Well supplied with neural vasculature
- Prevents posterior herniation of the nucleus pulposus



- Weak ligament, tends to be membranous
- Root to apex of adjoining spinous processes
- Well developed in lumbar region
- Adds stability to structures

- Strong bands of fibrous white tissue
- Connect tips of spinous processes from C7 to the sacrum
- Lax in extension and tight in flexion
- Provide mechanical support to the column

- Strong and broad
- Extends from the anterior tubercle of the atlas to the sacrum
- Thickest anteriorly and extends to the IV foramen
- Prevents hyperextension - only ligament that limits extension