



CEC QUIZ: Common Spinal Conditions (1.0 Physical CEC) By: Lori Keisic

Name: _____ Date: _____

1. What is our role and expectations as Pietra Fitness instructors related to spine and other medical conditions?

2. Order the spine from top to bottom.

- _____ Thoracic
- _____ Sacral
- _____ Cervical
- _____ Lumbar
- _____ Coccyx

3. Which set of spinal curves mimic each other?

4. What are the main functions of the spine as a boney structure?

5. What is an example of mobility? Stability? Which is more important?.

Mobility:

Stability:

More Important:

6. Which plane of movement does scoliosis mainly occur in?

