

The Spine

Body & health

The four curves, the regions, and what each part is built for.

From the skull down.

Region	Vertebrae	Curve
Cervical (neck)	7	Inward (lordosis)
Thoracic (chest)	12	Outward (kyphosis)
Lumbar (lower back)	5	Inward (lordosis)
Sacrum	5 fused	Outward
Coccyx	4 fused	Outward

Discs sit between the vertebrae and act as shock absorbers. They lose water through the day — you are shorter at night.