

Ligaments

I. Vertebral column

A. Anterior longitudinal

attachments – to anterior surfaces of vertebral bodies and intervertebral discs

function – stabilizes vertebral column and prevents hyperextension

B. Posterior longitudinal

attachments – to posterior surfaces of vertebral bodies and intervertebral discs

function – prevents hyperflexion of vertebral column

C. Ligamentum flavum (L. flavus, yellow)

attachments – interconnect adjacent laminae

D. Supraspinous

attachments – to apices of spinous processes C7 to sacrum

E. Interspinous

attachments – interconnect adjacent spinous processes

F. Ligamentum nuchae (nape, back of neck)

attachments – from C7 spinous process to external occipital protuberance