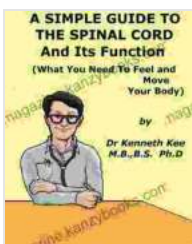


A Simple Guide to the Spinal Cord and Its Function: What You Need to Feel and Move

The spinal cord is a vital part of the human body, responsible for sending messages between the brain and the rest of the body. It is also responsible for controlling movement and sensation. This article will provide a simple guide to the spinal cord and its function, so that you can better understand how it works and how to keep it healthy.

The spinal cord is a long, thin tube of nervous tissue that runs from the brainstem down the back of the spine. It is surrounded by a protective layer of bone called the vertebral column. The spinal cord is made up of two main types of tissue: gray matter and white matter. Gray matter contains the cell bodies of neurons, while white matter contains the axons of neurons.

The spinal cord is divided into 31 segments, each of which corresponds to a pair of spinal nerves. Spinal nerves exit the spinal cord through small openings in the vertebral column. Each spinal nerve carries sensory and motor information to and from the corresponding part of the body.



A Simple Guide to The Spinal Cord and Its Function (What You Need To Feel and Move) (A Simple Guide to Medical Conditions) by Kenneth Kee

★★★★☆ 4.6 out of 5

Language : English
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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

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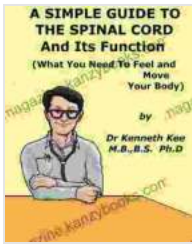


The spinal cord has two main functions:

- **To send messages between the brain and the rest of the body.**
The spinal cord carries sensory information from the body to the brain, and motor information from the brain to the body. This allows you to feel sensations such as touch, pain, and temperature, and to control your muscles.
- **To control movement and sensation.** The spinal cord contains circuits that control reflex actions, such as the knee-jerk reflex. These reflexes help to protect the body from injury and to maintain balance.

Spinal cord injuries can occur due to trauma, such as a car accident or a fall. These injuries can damage the spinal cord and disrupt its function. The severity of a spinal cord injury depends on the location and extent of the damage. Some spinal cord injuries can be treated with surgery and rehabilitation, but others can lead to permanent paralysis or loss of sensation.

The spinal cord is a vital part of the human body, responsible for sending messages between the brain and the rest of the body. It is also responsible for controlling movement and sensation. This article has provided a simple guide to the spinal cord and its function, so that you can better understand how it works and how to keep it healthy.



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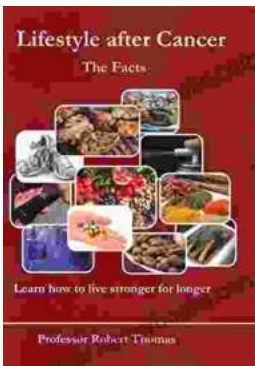
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