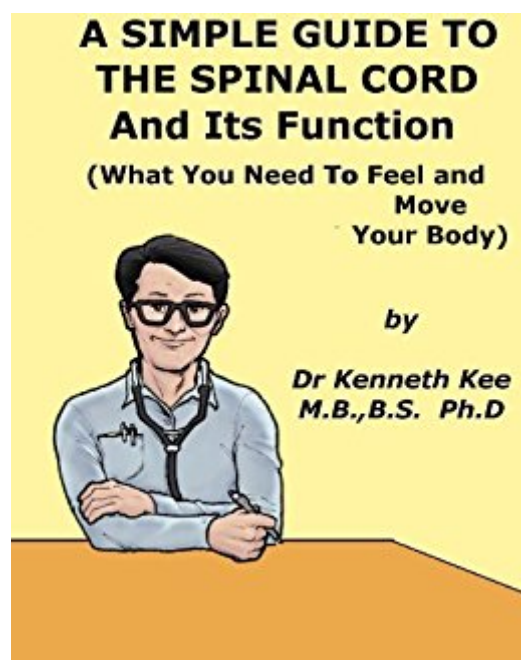




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# A Simple Guide To The Spinal Cord And Its Function (What You Need To Feel And Move) (A Simple Guide To Medical Conditions)



## Synopsis

And brain is controller of all other things, Like seeing greens, yellows, and pink  
Involuntary functions, My body performs, Like breathing and beating my heart  
And digesting my food, And blinking my eyes, It's really my critical part  
To nerves and synapses, Is what it's attached, And then to my spine's, Spinal cord... Without my big brain, I couldn't feel things, At least I could never feel bored! My brain, my brain, I'll say it again, Controls all things I can do, Without my big brain, I wouldn't be me, And really, you couldn't be you  
From Mr. R.'s Human Body Poems  
"Your spinal cord, on the other hand, feels. The central nervous system pours out from the spinal cord, and with it one feels pain. Pain is the most trustworthy sensation a human being can know because it teaches us what hurts. With the spinal cord, one can hear what will hurt, smell the sting of suffering, taste it, feel it, and see the world with new eyes. I learned a long time ago not to follow my heart, the hunk of meat flexing in the chest. I trust the tube locked up in a column of bone, the tube that shows me what pain is."  
• Joshua S. Porter  
This was going to be a book on the anatomy and physiology of the Spinal Cord. It still is a book on the Brain and why a human needs a Spinal Cord For the body to Feel and Move. I will try to add some descriptions in simple vernacular words and make it more fun to read.  
Interesting facts about the Spinal Cord  
The spinal cord is the body's main nerve trunk. The spinal cord is the bundle of nerves running down the middle of the backbone. The spinal cord is the route for all nerve signals traveling between the brain and the body. The spinal cord can actually work independently of the brain, sending out responses to the muscles directly. The outside of the spinal cord is made of the long tails or axons of nerve cells and is called white matter; the inside is made of the main nerve bodies and is called grey matter. It is about as thick as a man's little finger. The spinal cord is about 43 cm long and 1 cm thick. It stops growing when a person is about five years old. It runs down the back from the medulla oblongata, at the base of the brain. It is enclosed in a set of 3 membranes, similar to those surrounding the brain. Between the layers of membranes, Cerebrospinal fluid acts as a cushion, to protect the cord from damage. The total volume of cerebrospinal fluid (CSF) is 125-150 ml. A total of 400-500 ml of cerebrospinal fluid (CSF) is produced every day. Cerebrospinal fluid is normally clear and colorless. Descending pathways are groups of nerves that carry nerve signals down the spinal cord  
• typically signals from the brain for muscles to move. Ascending pathways are groups of nerves that carry nerve signals up the spinal cord  
• typically signals from the skin and internal body sensors going to the brain. Damage to the spinal cord can cause paralysis. Injuries below the neck can cause paraplegia - paralysis below the waist. Injuries to the neck can cause quadriplegia - paralysis below the neck. Cranial Nerves: 1. Olfactory: - sense of smell 2. Optic: -

sense of sight balance3. Oculomotor: - Focusing, regulating the size of the pupil, balance4.  
Trochlear: - movement of the eyeball.5. Trigeminal: - Chewing, sensation from the face6. Abducent:  
- movement of eye, sense of taste7. Facial: - movements of facial expression8. Vestibulocochlear: -  
maintenance of balance, sense of hearing9. Glossopharyngeal: - secretion of saliva, sense of taste,  
movement of pharynx10. Vagus: - movement and secretion11. Accessory: - movement of the head,  
shoulders, pharynx and larynx12. Hypoglossal: - movement of tongue.TABLE OF  
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