FIGURE 3.207 Notice the differences in the shape, size and orientations of the spinous processes of these lumbar segments, paying attention to the spaces between neighboring spinous processes. Student (a) has far less room to extend his spine than student (b).

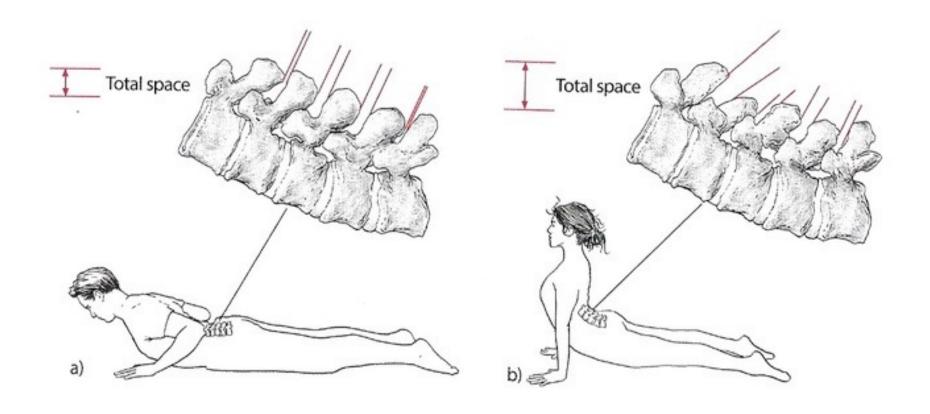


Image credit: Your Spine Your Yoga, Bernie Clark