

# Lumbar Core Strength And Stability Princeton University

We would like to show you a description here but the site won't allow us. Lumbar disk disease causes lower back pain and leg pain and weakness that is made worse by movement and activity. The first step in treatment is to reduce pain and reduce the risk of further injury to the spine. Your lumbar spine is a five vertebral bone section of your spine. This region is more commonly called your lower back. Learn about the lumbar spine's function, anatomy, and common disorders. Explore how this lower back region supports movement, bears body weight, and its role in protecting spinal nerves. What Is Low Back Pain? The low back, also called the lumbar region, is the area of the back that starts below the ribcage. Almost everyone has low back pain at some point in life. Oct 2, 2023 ·

“The lumbar spine has the biggest vertebra because it supports the rest of the spine and everything above it.” Jan 13, 2026 · The lumbar spine includes the five vertebrae in your lower back numbered L1 to L5. 1 These bones help provide mobility and stability to your back and spinal column and are an attachment point ... Mar 11, 2026 · The lumbar spine is located in the lower half of the vertebral column, inferior to the thoracic vertebrae / rib cage and superior to the pelvis and sacrum. The lumbar vertebrae are five in number and ... The lumbar vertebrae consist of five individual cylindrical bones that form the spine in the lower back. These vertebrae carry all of the upper body's weight while providing flexibility and movement to the ... The spine extends from the skull to the coccyx and includes the cervical, thoracic, lumbar, and

sacral regions. The lumbar spine consists of 5 moveable vertebrae (numbered L1-L5). The lumbar vertebrae, ...

*Lumbar vertebrae: anatomy of the bony lumbar spine | Kenhub*

*Lumbar Spine: What It Is, Anatomy & Disorders - Cleveland Clinic*

[Low Back Pain Pictures: Symptoms, Causes, Treatments - WebMD](#)

**Lumbar Spine: Function, Anatomy, and Disorders Explained**

[Lumbar Spine: Understanding Its Structure and Function](#)

**Trusted Information on Back Pain and Neck Pain | Spine-health**

**Lumbar Disk Disease (Herniated Disk) - Johns Hopkins Medicine**

**The Lumbar Vertebrae: Anatomy and 3D Illustrations - Innerbody**

[Lumbar Anatomy - Physiopedia](#)

*Lumbar Spine Anatomy and Function - Verywell*

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