

Name: _____

Spine Time

Directions: Read the article “Power Cord” (page 8), and answer the questions below.

Part 1

1. To which body system does the spinal cord belong?
 - a) respiratory system
 - b) central nervous system
 - c) circulatory system
 - d) musculoskeletal system

2. Plasticity occurs when unharmed spinal cord sections
 - a) waste away.
 - b) become inflamed.
 - c) take over for damaged areas.
 - d) become soft and rubbery.

3. People who have spinal cord injuries (SCIs) may feel
 - a) pain.
 - b) sadness.
 - c) anger.
 - d) all of the above.

4. Cold therapy may help people with SCIs, but it might also make them vulnerable to
 - a) infections.
 - b) strokes.
 - c) heart attacks.
 - d) frostbite.

5. Injuries to the lower part of the spinal cord could threaten a person’s ability to
 - a) walk.
 - b) breathe.
 - c) see.
 - d) all of the above.

Part 2

The article notes that reckless driving, violence, and other hazardous behaviors may put teens at risk for SCIs. Name one thing you can do to reduce your own risk of those injuries.
