



jǐng zhuī
颈椎

Noun · cervical vertebra [bones in the neck]

Example Sentences

cháng shí jiān dī tóu kàn shǒu jī nǐ de jǐng zhuī chí zǎo huì chū wèn tí
长 时间低头看 手机，你的颈 椎迟早会出 问题。

Looking down at your phone for long periods will eventually cause problems with your cervical spine.

nǐ zuì jìn shì fǒu gǎn dào jǐng zhuī jiāng yìng bìng bàn yǒu shǒu bì má mù de zhèng zhuàng
你最近是否感到颈 椎僵硬，并伴有手臂麻木的症 状？

Have you recently experienced stiffness in your cervical spine accompanied by numbness in your arms?

jīn guǎn gōng zuò fán máng tā cóng wèi hū shì duì jǐng zhuī de rì cháng hù lǐ
尽 管 工 作繁 忙，他 从 未 忽 视 对 颈 椎 的 日 常 护 理。

Despite his busy work schedule, he never neglects the daily care of his cervical spine.

Trace each character, then write the word on your own.

颈	颈	颈	颈	颈	颈	颈	颈	颈	颈	颈
颈	颈	颈								
椎	椎	椎	椎	椎	椎	椎	椎	椎	椎	椎
椎	椎	椎	椎							