

The vertebral foramen (canal) at the lower lumbar levels is commonly **trefoil in shape**. The foramen is enclosed anteriorly by the posterior surface of the vertebral body, by the pedicles laterally and by the laminae posteriorly.

The foramina contain the **cauda equina** (lumbar, sacral and coccygeal nerve roots), filum terminale and spinal meninges, spinal arteries and venous plexuses.