

SPINAL NERVE CHART

SHOWING THE EFFECTS OF VERTEBRAL SUBLUXATIONS AND PINCHED NERVES

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures, organs, and functions which may result in the conditions shown below.

SPINAL COLUMN SIDE VIEW	AREAS SUPPLIED BY NERVES	POSSIBLE EFFECTS OR CONDITIONS
CERVICAL SPINE	1 C Blood supply to the head, the pituitary gland, the scalp, bones of the face, the brain itself, inner and middle ear, the sympathetic nervous system.	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, mental conditions, nervous breakdowns, amnesia, epilepsy, chronic tiredness, dizziness.
	2 C Eyes, optic nerve, auditory nerve, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness.
	3 C Cheeks, outer ear, face bones, teeth, trifacial nerve.	Neuralgia, neuritis, acne or pimples, eczema.
	4 C Nose, lips, mouth, eustachian tube, mucous membranes.	Hay fever, rose fever, etc., hard of hearing, adenoid infections, post nasal drip.
	5 C Vocal cords, neck glands, pharynx.	Laryngitis, hoarseness, throat conditions like a sore throat, etc.
	6 C Neck muscles, shoulders, tonsils.	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup.
	7 C Thyroid gland, bursa in the shoulders, the elbows.	Bursitis, colds, thyroid conditions, goiter, tennis elbow, tendinitis.
THORACIC SPINE	1 T Arms from the elbows down, including the hands, wrists and fingers, also the esophagus and trachea.	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands, symptoms similar to carpal tunnel syndrome.
	2 T Heart including its valves and covering, also coronary arteries.	Functional heart conditions and certain chest pains.
	3 T Lungs, bronchial tubes, pleura, chest, breast, nipples.	Bronchitis, pleurisy, pneumonia, congestion, influenza, grip.
	4 T Gall bladder and common duct.	Gall bladder conditions, jaundice, shingles.
	5 T Liver, solar plexus, blood.	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis.
	6 T Stomach.	Stomach troubles including nervous stomach, indigestion, heartburn, dyspepsia, etc.
	7 T Pancreas, islands of Langerhans, duodenum.	Diabetes, ulcers, gastritis, hypoglycemia.
	8 T Spleen, diaphragm.	Lowered resistance, acute and chronic infections, hiccoughs.
	9 T Adrenals or supra-renals.	Allergies, hives, hypertension, anemia, hypoglycemia, obesity, hair loss.
	10 T Kidneys.	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.
LUMBAR SPINE	11 T Kidneys, Ureters.	Skin conditions like acne or pimples, eczema, boils, etc., auto-intoxication.
	12 T Small intestines, Fallopian tubes, lymph circulation.	Rheumatism, gas pains, certain types of sterility.
	1 L Large intestines or colon, inguinal rings.	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias.
	2 L Appendix, abdomen, upper leg.	Appendicitis, cramps, acidosis, varicose veins.
	3 L Sex organs, ovaries or testicles, uterus, bladder, knee.	Bladder troubles, menstrual troubles, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains.
LUMBAR SPINE	4 L Prostate gland, muscles of the lower back, sciatic nerve.	Sciatica, lumbago, difficult, painful or too frequent urination, backaches.
	5 L Lower legs, ankle, feet, toes, arches.	Poor circulation in legs, swollen ankles, weak arches, cold feet, weakness in legs, leg cramps.
	SACRUM Hip bones, buttocks.	Sacro-iliac conditions, spinal curvatures.
COCYX Rectum, anus.	Hemorrhoids or piles, pruritus or itching, pain at end of spine on sitting.	

This chart is a simplification and is not intended to be diagnostic. Vertebral misalignments may or may not cause the effects or conditions at the levels listed. Most body systems have more than one nerve supply and many nerve innervations overlap. The kind of complication will depend on the type of nerve interference, (Sensory, Motor or Trophic) the degree of nerve injury and the length of time nerve disturbance is present.

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