

Vertebral Subluxation And Nerve Chart

“The nervous system controls and coordinates all organs and structures of the human body.” (Gray’s Anatomy, 29th Ed. Pg. 4). Dysfunction of spinal joints, discs, ligaments, and muscles leads to irritation of the nerve root which leads to altered communication to the target organ and back to the brain. This chart demonstrates the area or organs the nerve root innervates and the possible symptoms that may arise as a result of dysfunction.



| Vertebrae | Body Part or Organ Effected | Possible Conditions |
|-----------|--|--|
| C1 | Blood supply to the head, pituitary gland, scalp, bones of the face, the brain, inner and middle ear, sympathetic nervous system | Headaches, nervousness, insomnia, head colds, high blood pressure, migraines, mental conditions, amnesia, sleep disorders, chronic tiredness, dizziness, vertigo |
| C2 | Eyes, optic nerve, auditory nerves, sinuses, mastoid bone, tongue, forehead | Sinus issues, allergies, eye area pain, deafness, eye conditions, earache, fainting, blindness |
| C3 | Cheeks, outer ear, face bones, teeth, facial nerve | Neuralgia, neuritis, acne, eczema |
| C4 | Nose, lips, mouth, Eustachian tubes | Hay fever, catarrh, hearing loss, adenoids |
| C5 | Vocal cords, neck glands, pharynx | Laryngitis, throat conditions |
| C6 | Neck muscles, shoulders, tonsils | Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup |
| C7 | Thyroid Gland, shoulder bursae, elbows | Bursitis, colds, thyroid conditions |
| T1 | Forearms, wrists, hands, esophagus, trachea | Asthma, cough, shortness of breath, lower arms and hand pain |
| T2 | Heart, valves, coronary arteries, pericardium | Functional heart conditions, chest pain |
| T3 | Lungs, bronchial tubes, pleura, chest, breasts | Bronchitis, pleurisy, pneumonia, congestion, influenza |
| T4 | Gall bladder, common bile duct | Gall bladder conditions, jaundice, shingles |
| T5 | Liver, solar plexus, blood circulation | Liver conditions, fever, low blood pressure, anemia, poor circulation, arthritis |
| T6 | Stomach | Stomach conditions, indigestion, heart burn, dyspepsia |
| T7 | Pancreas, duodenum (small intestine) | Diabetes, ulcers, gastritis |
| T8 | Spleen, diaphragm | Hiccoughs, decreased immune function |
| T9 | Adrenal and suprarenal glands | Allergies, hives |
| T10 | Kidneys | Kidney conditions, arterial hardening, fatigue, nephritis |
| T11 | Kidneys, ureters | Skin conditions (eczema, acne, etc.) |
| T12 | Small intestines, Fallopian tubes, lymph flow | Rheumatism, gas pains, sterility |
| L1 | Large intestines, inguinal ring | Constipation, colitis, diarrhea, hernia |
| L2 | Appendix, abdomen, upper leg | Appendicitis, cramps, acidosis, varicose veins |
| L3 | Sex organs, uterus, bladder, knee | Bladder conditions, PMS, irregular menstruation, miscarriage, bed wetting, impotency, menopause troubles, knee pain |
| L4 | Prostate gland, low back muscles, sciatic nerve | Sciatica, low back pain, painful or frequent urination |
| L5 | Lower legs, ankles, feet | Poor circulation in legs, ankle swelling, week ankles and arches, cold feet, leg cramps |
| S | Hip bones, buttocks | Sacro-iliac conditions, spinal curvatures |
| C | Rectum, anus | Hemorrhoids, itching, pain while sitting |

Notes:

1. Very few of the conditions listed above wholly fit within the control of any one specific nerve. Your Chiropractor will help determine the area and causes of your dysfunction.
2. Only a fraction of the more common conditions and diseases are listed above. It is recommended that you consult your Chiropractor regarding anything not found on the chart.