


Spinal Nerve Function

Every Cell of Your Body Has a Nerve Component



VERTEBRAL LEVEL	NERVE ROOT*	INNERVATION	POSSIBLE SYMPTOMS
C1	C1	Intracranial Blood Vessels	Headaches • Migraine Headaches
C2	C2	• Eyes • Lacrimal Gland	• Dizziness • Sinus Problems
C3	C3	• Parotid Gland • Scalp	• Allergies • Head Colds • Fatigue
C4	C4	• Base of Skull • Neck	• Vision Problems • Runny Nose
C5	C5	Muscles • Diaphragm	• Sore Throat • Stiff Neck
C6	C6	• Neck Muscles • Shoulders	• Cough • Croup • Arm Pain
C7	C7	• Elbows • Arms • Wrists	• Hand and Finger Numbness
C8	C8	• Hands • Fingers • Esophagus • Heart • Lungs • Chest	or Tingling • Asthma • Heart Conditions • High Blood Pressure
T1	T1	Arms • Esophagus	Wrist, Hand and Finger
T2	T2	• Heart • Lungs • Chest	Numbness or Pain • Middle Back
T3	T3	• Larynx • Trachea	Pain • Congestion • Difficulty
T4	T4		Breathing • Asthma • High Blood
T5	T5	Gallbladder • Liver	Pressure • Heart Conditions
T6	T6	• Diaphragm • Stomach	• Bronchitis • Pneumonia
T7	T7	• Pancreas • Spleen	• Gallbladder Conditions
T8	T8	• Kidneys • Small Intestine	• Jaundice • Liver Conditions
T9	T9	• Appendix • Adrenals	• Stomach Problems • Ulcers
T10	T10		• Gastritis • Kidney Problems
T11	T11	Small Intestines • Colon • Uterus	
T12	T12	Uterus • Colon • Buttocks	
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea
L2	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L3	L3	• Reproductive Organs	• Bladder Problems • Menstrual
L4	L4	• Colon • Thighs • Knees	Problems • Low Back Pain
L5	L5	• Legs • Feet	• Pain or Numbness in Legs
	S A C R A L	Buttocks • Reproductive Organs • Bladder • Prostate Gland • Legs • Ankles • Feet • Toes	Constipation • Diarrhea • Bladder Problems • Menstrual Problems • Lower Back Pain • Pain or Numbness in Legs

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 Hoppenfeld, S. M.D., *Physical Examination of the Spine and Extremities*, Appleton-Century-Crofts, 1976.
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Your nervous system is an extensive network that channels nerve impulses from your brain to virtually every cell that makes up your body.

This chart shows some of the integral relationships between the spine, nervous system and body. For simplicity, this chart does not reflect all the structures or paths utilized in nerve transmission. *In some cases, nerve roots innervate other structures, such as nerve plexuses and ganglia which in turn supply innervations to specific body parts. If you have questions, please ask your Doctor of Chiropractic.