


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 Pain • Congestion • Difficulty Breathing • Asthma • High Blood Pressure • Heart Conditions
T3	T3	• Larynx • Trachea	• Bronchitis • Pneumonia
T4	T4		• Gallbladder Conditions
T5	T5	Gallbladder • Liver	• Jaundice • Liver Conditions
T6	T6	• Diaphragm • Stomach	• Stomach Problems • Ulcers
T7	T7	• Pancreas • Spleen	• Gastritis • Kidney Problems
T8	T8	• Kidneys • Small Intestine	
T9	T9	• Appendix • Adrenals	
T10	T10	Small Intestines • Colon • Uterus	
T11	T11	Uterus • Colon • Buttocks	
T12	T12		
L1	L1	Large Intestines	Constipation • Colitis • Diarrhea
L2	L2	• Buttocks • Groin	• Gas Pain • Irritable Bowel
L3	L3	• Reproductive Organs	• Bladder Problems • Menstrual Problems • Low Back Pain
L4	L4	• Colon • Thighs • Knees	• Pain or Numbness in Legs
L5	L5	• Legs • Feet	
	S	Buttocks • Reproductive	Constipation • Diarrhea • Bladder
	A	Organs • Bladder	Problems • Menstrual Problems
	C	• Prostate Gland • Legs	• Lower Back Pain • Pain or
	R		Numbness in Legs
	A		
	L	• Ankles • Feet • Toes	

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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.

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