

Function of Spinal Nerves

From brain to body

SPINAL NERVE

ORGANS & GLANDS

ASSOCIATED SYMPTOMS

C
E
R
V
I
C
A
L

C1
C2
C3
C4
C5
C6
C7
C8

T
H
O
R
A
C
I
C

T1
T2
T3
T4
T5
T6
T7
T8
T9
T10
T11
T12

L
U
M
B
A
R

L1
L2
L3
L4
L5

S
A
C
R
A
L

S1
S2
S3
S4
S5



Parotid Gland • Scalp
Base of Skull • Eyes
Lacrimal Gland • Sinuses
Inner, Middle & Outer Ear
Nose • Mouth
Intracranial Blood Vessels
Sympathetic Nervous System
Neck Muscles • Diaphragm
Shoulders • Elbows • Arms
Wrists • Hands & Fingers
Tonsils • Vocal Cords
Esophagus • Heart • Lungs
Chest • Thyroid

Sinus & Ear Pain/Infection • Runny Nose • Allergies
Frequent Head Colds • Sore Throat • Tonsilitis
Strep Throat • Chronic Cough • Croup
Difficulty Breathing • Poor Immunity
Dizziness • Vertigo • Tinnitus • Ear Fullness
Vision Problems • Watery/Dry Eyes
Chronic Fatigue • Poor Concentration • Depression
Anxiety • Stress • Seizures • ADD/ADHD
Thyroid Dysfunction • Metabolic Dysfunction
Insomnia • High/Low Blood Pressure
Enlarged Lymph Glands • Migraines • Headache
TMJ Pain • Stiff Neck • Arm Pain
Hand/Finger Numbness • Loss of Grip Strength

Arms • Wrists
Esophagus • Chest • Heart
Lungs • Trachea • Larynx
Diaphragm • Stomach
Gallbladder • Liver
Pancreas • Small Intestine
Spleen • Kidneys • Appendix
Adrenals • Colon • Buttocks
Uterus • Ovaries • Testes

Asthma • Bronchitis • Pneumonia • Congestion
High Blood Pressure • Heart Conditions
Reflux • GERD • Indigestion • Heartburn
Stomach Pains • Ulcers • Gas • Bloating
Gastritis • Jaundice • Liver Conditions
Blood Sugar Dysregulation • Adrenal Fatigue
Kidney Stones • Gallbladder Attacks
Skin Conditions • Rashes • Eczema
Menstrual Cramps/PMS • Infertility
Menstrual Dysfunction • Hyperactivity
Shoulder Pain • Midback Pain • Rib Pain

Large Intestine • Colon
Thighs • Buttocks • Groin
Knees • Legs • Feet
Reproductive Organs

Irritable Bowel • Colitis • Crohn's
Gas Pain • Constipation • Diarrhea
Hemorrhoids • Bladder Infections
Bladder Incontinence • Bedwetting
Painful/Excessive Urination
Prostate Dysfunction • Impotence
Ovarian Cysts • Endometriosis
Fertility Problems • Loss of Menstruation
Low Back Pain • Hip Pain • Thigh Pain
Numbness & Tingling in Legs

Buttocks • Groin • Legs
Ankles • Feet • Toes
Prostate Gland • Bladder
Reproductive Organs

Varicose Veins • Leg Cramping • Restless Legs
Poor Circulation • Cold Feet • Sciatica
Pelvic Pain • Knee Pain • Ankle Pain • Sprains
Foot Pain • Weak Arches