

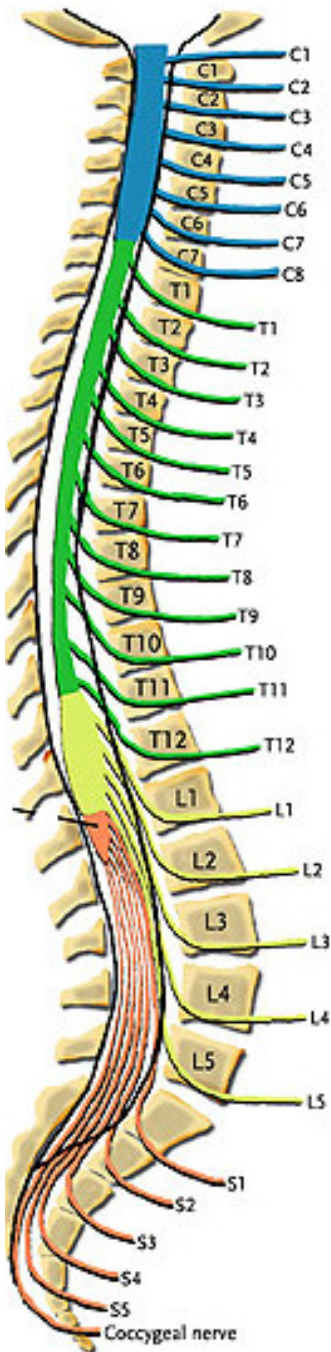
TOPIC OF THE MONTH

THE RELATIONSHIP BETWEEN SPINAL NERVES AND YOUR BODY

'The nervous system controls and coordinates all organs and structures of the body' (*Grays Anatomy 29th ED page 4*)

Misalignments of spinal vertebrae may cause irritation to the nervous system and degenerative changes to the joints in the spine, including inter-vertebral discs. The irritation to the nervous system due to direct or indirect pressure from these structures affects the rest of the body, including other joints, muscles, organs and its functions. A broad list of the relationships between the major nerves exiting the spine and the rest of the body is shown below.

SPINAL BONE	NERVE SUPPLY	COMMON WARNING SIGNS
C1	Blood supply to the head, Pituitary gland, Scalp, Bones of the face, Brain, Inner ear, Middle ear	Headaches, Insomnia, High blood pressure, Migraines, Chronic fatigue, Dizziness
C2	Eyes, Ears, Sinuses, Tongue, Forehead	Sinusitis, Ear aches, Pain around the eyes, Vision problems, Hearing problems
C3	Cheeks, Outer ear, Face bones, Teeth, Facial nerves	Neuralgia, Pimples, Eczema
C4	Nose, Lips, Mouth, Eustachian tube	Hay fever, Runny nose, Hearing loss, Adenoids
C5	Vocal chords, Neck, Glands, Pharynx	Sore throat, Laryngitis, Hoarseness
C6	Neck muscles, Shoulders, Tonsils	Stiff neck, Arm ache, Tonsillitis, Persistent cough
C7	Thyroid gland, Shoulder bursa, Elbows	Bursitis, colds, Thyroid conditions
T1	Forearms, Hands, Wrists, Fingers, Oesophagus, Trachea	Arm and hand pain, Difficulty breathing, Shortness of breath, Asthma
T2	Heart, Coronary arteries	Heart conditions, Chest conditions
T3	Lungs, bronchial tubes, Pleura, Chest	Bronchitis, Pleurisy, Pneumonia, Congestion
T4	Gallbladder	Gallbladder conditions, Jaundice, Shingles
T5	Liver, Solar plexus, Circulation	Liver conditions, Blood pressure conditions, Poor circulation
T6	Stomach	Indigestion, Heartburn, Dyspepsia
T7	Pancreas, Duodenum	Ulcers, Gastritis
T8	Spleen	Lower resistance
T9	Adrenal glands	Allergies, Chronic fatigue
T10	Kidneys	Kidney problems, Hardening of the arteries, Fatigue, Nephritis
T11	Kidneys, Ureters	Skin conditions, Eczema, Pimples
T12	Small intestines, lymph circulation	Rheumatism, Gas pains
L1	Large intestines, Inguinal rings	Colitis, Diarrhoea, Hernia
L2	Appendix, Abdomen, Thigh	Cramps, Varicose Veins, Leg pain
L3	Sex organs, Uterus, Bladder, Knees	Menstrual pains, Irregular periods, Miscarriages, Impotency, Knee pain
L4	Prostate gland, Lower back	Back pain, Difficulty/painful/frequent urination
L5	Lower back, Buttocks, Thighs, Legs, Feet, Sciatic nerve, Large intestine.	Back pain, Leg pain, Constipation
Sacrum	Hip bones, Buttocks	Sacroiliac conditions, Back pain, Hip pain
Coccyx	Rectum, Anus	Haemorrhoids, Tail bone pain



If you would like any further information, please ask Dr Alberto or Dr Antoni.