


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

Your nervous system is an extensive network that channels nerve impulses from your brain to virtually every cell that makes up your body.