

# VERTEBRAL SUBLUXATION AND NERVE CHART

A Vertebral Subluxation Complex (VSC, Bio-Mechanical Lesion) has numerous components, i.e., osseous (bone), neurological (nerve), connective tissue (muscles, ligaments and discs), lymphatic, circulatory, biomechanical alterations (curvatures, etc.) and somato-visceral (tissue, organs, etc.), which may cause irritation and/or compression of nerve roots and affect these components.<sup>1</sup> The nervous system controls and coordinates all organs and structures of the human body. Many nerves come from the spinal cord, pass through foramina (holes) formed by notches of 24 vertebrae in the movable spinal column, and innervate or supply specific areas and parts of the body.<sup>2</sup> Whenever specific areas or parts of the body are malfunctioning, generalized and/or specific symptoms are possible.<sup>3</sup>

SPINAL VERTEBRAE	Spinal Nerves	Areas and Parts of Body	Possible symptoms
CERVICAL SPINE (NECK)	1C	Back of the head	Headaches (including migraines, aches or pains at the back of the head, behind the eyes or in the temples, tension across the forehead, throbbing or pulsating discomfort at the top or back of head) Jaw muscle or joint aches or pains Dizziness, nervousness, vertigo Soreness, tension and tightness felt in back of neck and throat area Pain, soreness, and restriction in the shoulder area Bursitis, tendonitis Pain and soreness in arms, hands, elbows and/or fingers Chest pains, tightness or constriction Asthma, difficult breathing Middle or lower mid-back pain, discomfort and soreness  Various and numerous symptoms from trouble or malfunctioning of:
	2C	Various areas of the head	
	3C	Side and front of the neck	
	4C	Upper back of neck	
	5C	Middle of neck and upper part of arms	
	6C	Lower part of neck, arms, and elbows	
	7C	Lower part of arms, shoulders	
THORACIC SPINE (MID-UPPER BACK)	1T	Hands, wrists, fingers, thyroid	Thyroid Heart Lungs Gall bladder Liver Stomach Pancreas Spleen Adrenal glands Kidneys Ureters Small and large intestines Sex organs Uterus Bladder Prostate glands
	2T	Heart, its valves and coronary arteries	
	3T	Lungs, bronchial tubes, pleura, chest	
	4T	Gall bladder, common duct	
	5T	Liver, solar plexus	
	6T	Stomach, mid-back area	
	7T	Pancreas, duodenum	
	8T	Spleen, lower mid-back	
	9T	Adrenal glands	
	10T	Kidneys	
	11T	Ureters	
	12T	Small intestines, upper/lower back	
LUMBAR SPINE (LOWER BACK)	1L	Iliocecal valve, large intestines	Low back pain, aches and soreness Trouble walking Leg, knee, ankle and foot soreness and pain Sciatica, pain or soreness in the hip and buttocks Rectal Trouble
	2L	Appendix, abdomen, upper leg	
	3L	Sex organs, uterus, bladder, knees	
	4L	Prostate gland, lower back	
	5L	Sciatic nerve, lower legs, ankles, feet	
	SACRUM	Hip bones, buttocks	
	COCCYX	Rectum, anus	

For further explanation of chart, ask your Doctor of Chiropractic.

<sup>1</sup> Mirkowski, K.S.J.: Collected Works — Vertebral Subluxation Complex, 1989-1990.

<sup>2</sup> Gray's Anatomy, 20th Edition, Page 4. Note: Neurological innervation of the spinal nerves of the human body varies in its supply to different areas and parts of the body as well as differ somewhat in different persons. This chart is a simplification of actual innervation. It has been designed for ease of layman's understanding and general edification and is not meant and should not be construed as anatomically accurate in its specific sense.

<sup>3</sup> Leach, Robert A.: The Chiropractic Theories—A synopsis of scientific research, 2nd Edition, Baltimore, Williams & Wilkins, 1988.

NOTE: The possible symptoms listed on this chart are not meant and should not be construed to mean that all these possible symptoms are produced wherever there is a vertebral subluxation complex at a specific vertebral level or that chiropractic care will correct all of these conditions.