

The Vital Connection Your Spinal Column & Nervous System

Patient _____ Date _____



○ **Sympathetic chain** - Eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function

- **C4** - Nose, lips, mouth, eustachian tube, mucous membranes, lungs
- **C5** - Vocal cords, neck glands, pharynx
- **C6** - Neck muscles, shoulders, tonsils
- **C7** - Thyroid gland, bursa in the shoulders, elbows

- **T1** - Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
- **T2** - Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes
- **T3** - Lungs, bronchial tubes, pleura, chest, breast, heart

- **T7** - Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum
- **T8** - Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve
- **T9** - Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine

- **L1** - Large intestine, inguinal rings, uterus
- **L2** - Appendix, abdomen, upper leg, bladder
- **L3** - Sex organs, uterus, bladder, knees, prostate, large intestine
- **L4** - Prostate gland, muscles of the lower back, sciatic nerve
- **L5** - Lower legs, ankles, feet, prostate

- **Sacrum** - Hip bones, buttocks, rectum, sex organs, genitalia, bladder, ureter, prostate
- **Coccyx** - Rectum, anus

- **C1** - Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system and eyes
- **C2** - Eyes, optic nerves, auditory nerves, sinuses, tongue, forehead, heart
- **C3** - Cheeks, outer ear, face, teeth, facial nerve, lungs

○ **Brachial plexus** - Forms the radial, ulnar, median and other nerves that go to the muscles, joints and other structures of the shoulder, arm, wrist, hand and fingers

- **T4** - Gallbladder, common duct, heart, lungs, bronchial tubes
- **T5** - Liver, solar plexus, circulation (general), heart, esophagus, stomach
- **T6** - Stomach, esophagus, peritoneum, duodenum

- **T10** - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine
- **T11** - Kidneys, ureters, large intestine, bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
- **T12** - Small intestine, lymph circulation, large intestine, bladder, uterus, kidneys, ileocecal valve

○ **Sacral plexus** - Forms the sciatic and other nerves that go to the muscles, joints and other structures of the leg, knee, ankle, feet and toes

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