

CHART OF EFFECTS OF SPINAL MISALIGNMENTS

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structure, organs, and functions which may result in the conditions shown below.

		VERTEBRAE	AREAS	EFFECTS
CERVICAL SPINE	1st THORACIC	1C	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
		2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, allergies, crossed eyes, deafness, eye troubles, earache, fainting spells, certain cases of blindness
		3C	Cheeks, outer ear, face bones, teeth, trifacial nerve	Neuralgia, neuritis, acne or pimples, eczema
		4C	Nose, lips, mouth, eustachian tube	Hay fever, catarrh, hearing loss, adenoids
		5C	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
		6C	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, whooping cough, croup
		7C	Thyroid gland, bursae in the shoulders, elbows	Bursitis, colds, thyroid conditions
THORACIC SPINE	1st THORACIC	1T	Arms from the elbows down including hands, wrists, and fingers, esophagus and trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
		2T	Heart, including its valves and covering coronary arteries	Functional heart conditions and certain chest conditions
		3T	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
		4T	Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
		5T	Liver, solar plexus, blood	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis
		6T	Stomach	Stomach troubles, including nervous stomach, indigestion, heartburn, dyspepsia
		7T	Pancreas, duodenum	Ulcers, gastritis
		8T	Spleen	Lowered resistance
		9T	Adrenal and supra-renal glands	Allergies, hives,
		10T	Kidneys	Kidney trouble, hardening of the arteries, chronic tiredness, nephritis, pyelitis
LUMBAR SPINE	1st LUMBAR	11T	Kidneys, ureters	Skin conditions such as acne, pimples, eczema, or boils
		12T	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
		1L	Large intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
		2L	Appendix, abdomen, upper leg	Cramps, difficult breathing, acidosis, varicose veins
		3L	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, bed wetting, impotency, change of life symptoms, many knee pains
SACRUM	1st LUMBAR	4L	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica, lumbago, difficult, painful or too frequent urination, backaches
		5L	Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps.
		SACRUM	Hip bones, buttocks	Sacro-iliac conditions, spinal curvatures
COCCYX	1st LUMBAR	COCCYX	Rectum, anus	Hemorrhoids, (piles), pruritis (itching), pain at end of spine on sitting

For further explanation of the conditions shown above, and information about those not shown, ask your Doctor of Chiropractic