

# VERTEBRAL SUBLUXATION AND NERVE CHART

The Vertebral Subluxation Complex (VSC) is a chiropractic scientific model depicting a spinal condition with numerous components. One of the components is called Neuropathophysiology/Neuropathology which refers to the VSC's propensity to produce interference to normal function of the nervous system.<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 often occur.<sup>3</sup>

	Vertebrae	Areas & Parts of Body	Possible symptoms
SPINAL COLUMN	C1	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)
	C2	Various areas of the head	
CERVICAL SPINE (NECK)	C3	Side and front of the neck	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: Thyroid Heart Lungs Gall bladder Liver Stomach Pancreas Spleen Adrenal glands Kidneys Ureters Small and large intestines Sex organs Uterus Bladder Prostate glands
	C4	Upper back of neck	
	C5	Middle of neck and upper part of arms	
	C6	Lower part of neck, arms, and elbows	
	C7	Lower part of arms, shoulders	
	T1	Hands, wrists, fingers, thyroid	
	T2	Heart, its valves and coronary arteries	
THORACIC SPINE (MID-BACK)	T3	Lungs, bronchial tubes, pleura, chest	
	T4	Gall bladder, common duct	
	T5	Liver, solar plexus	
	T6	Stomach, mid-back area	
	T7	Pancreas, duodenum	
	T8	Spleen, lower mid-back	
	T9	Adrenal glands	
	T10	Kidneys	
	T11	Ureters	
	T12	Small intestines, upper/lower back	
LUMBAR SPINE (LOW BACK)	L1	Ileocecal valve, large intestines	
	L2	Appendix, abdomen, upper leg	
	L3	Sex organs, uterus, bladder, knees	
	L4	Prostate gland, lower back	
SACRUM & COCCYX (PELVIS)	L5	Sciatic nerve, lower legs, ankles, feet	
	SACRUM	Hip bones, buttocks	
	COCCYX	Rectum, anus	

<sup>1</sup>Hess, Joseph W. The Vertebral Subluxation Complex—A Review, and other collected works and articles. Colorado Springs, Performance International, ©1992.

<sup>2</sup>Spina Doctoring, 2nd Edition, page 4. From "Neurological examination of the spinal nerves of the human body (over) in its supply to different areas and parts of the body as well as other somewhat in different persons. This chart is a simplification of what is contained in it has been designed for ease of student's understanding and general education and is not meant and should not be confused as anatomically accurate in its specific terms.

<sup>3</sup>Teach, Robert A. The Chiropractic Theories—A Synopsis of research, 2nd Edition. Baltimore, Williams, and Wilkins, ©1980.

Note: The possible symptoms listed in this chart are not meant and should not be construed to mean that all these possible symptoms are produced whenever there is a vertebral subluxation complex at a specific vertebral level in the chiropractic care and control of these conditions.

For further explanation of this chart, ask your doctor of chiropractic.