

# Your Spinal Column and Nervous System

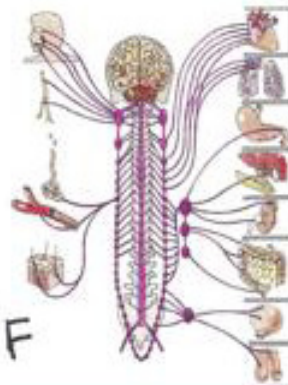
- **Sympathetic chain** - Eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function
- **T1** - Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
- **T2** - Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes
- **T3** - Lungs, bronchial tubes, pleura, chest, breast, heart
- **T4** - Gallbladder, common duct, heart, lungs, bronchial tubes
- **T5** - Liver, solar plexus, circulation (general), heart, esophagus, stomach
- **T6** - Stomach, esophagus, peritoneum, duodenum
- **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
- **T10** - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine
- **T11** - Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
- **T12** - Small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve
- **Sacrum** - Hip bones, buttocks, rectum, sex organs, genitalia, urinary 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, eyes
- **C2** - Eyes, optic nerves, auditory nerves, sinuses, tongue, forehead, heart
- **C3** - Cheeks, outer ear, face, teeth, trifacial nerve, lungs
- **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

**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

- **L1** - Large intestine, inguinal rings, uterus
- **L2** - Appendix, abdomen, upper leg, urinary 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

**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



Some spinal nerves join together to form the sympathetic nerve "chain" which helps maintain the proper function of your internal organs. Other nerves form the parasympathetic nerve system.

Both sets of nerves work in harmony to keep you properly relating to your environment. The origin of many of these nerves lies in the upper, mid and lower parts of your spinal cord.

Nerves arise in your brain, travel down the spinal cord where they branch off and blanket your body, touching nearly every part of you.

For proper physical and mental health your nerves must remain free from spinal stress.

