

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 which could affect the structures, organs, and functions listed under "areas." The effects listed are conditions or symptoms that may be associated with malfunctions of the areas noted.

| Vertebrae | Areas | Effects |
|----------------|---|--|
| ATLAS AXIS | | |
| CERVICAL SPINE | | |
| 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, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness. |
| 3C | Cheeks, outer ear, face bones, teeth, trifacial nerve. | Neuralgia, neuritis, acne or pimples, eczema. |
| 4C | Nose, lips, mouth, eustachian tube. | Hay fever, runny nose, 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, chronic cough, croup. |
| 7C | Thyroid gland, bursae in the shoulders, elbows. | Bursitis, colds, thyroid conditions. |
| 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, circulation (general). | Liver conditions, fevers, blood pressure problems, 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 troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis. |
| 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, minor 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. |
| 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. | PELVIS Sacro-iliac conditions, spinal curvatures. |
| 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.