

SPINAL INSTABILITY PROBLEMS CHART

	Vertebrae	Areas & Parts of Body	Possible Symptoms
CERVICAL SPINE	AXIS		
	C1	Blood supply to the head, pituitary gland, scalp, bone 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
	C2	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
	C3	Cheeks, outer ear, face bones, teeth, infacial nerve.	● Neuralgia ● Neuritis ● Acne or Pimples ● Eczema
	C4	Nose, lips, mouth, eustachian tube.	● High Fever ● Runny Nose ● Hearing Loss ● Adenoids
	C5	Vocal cords, neck glands, pharynx	● Laryngitis ● Hoarseness ● Throat conditions such as ● Sore Throat or Guinsy
	C6	Neck muscles, shoulders, tonsils.	● Stiff Neck ● Pain in upper arm ● Tonsillitis ● Chronic Cough ● Croup
THORACIC SPINE	C7	Thyroid gland, bursae in the shoulders, elbows.	● Bursitis ● Colds ● Thyroid conditions
	T1	Arm from the elbow down, including hands, wrists, and fingers, esophagus and trachea.	● Asthma ● Cough ● Difficult breathing ● Shortness of breath ● Pain in lower arms and hands
	T2	Heart, including its valves and covering, coronary and arteries.	● Functional heart conditions and certain chest conditions
	T3	Lungs, bronchial tubes, pleura, chest, breast.	● Bronchitis ● Pleurisy ● Pneumonia ● Congestion ● Influenza
	T4	Gallbladder, common duct.	● Gallbladder conditions ● Jaundice ● Shingles
	T5	Liver, solar plexus, circulation (general).	● Liver conditions ● Fevers ● Blood Pressure Problems ● Poor circulations ● Arthritis
	T6	Stomach	● Stomach troubles including ● Nervous stomach ● Indigestion ● Heartburn ● Dyspepsia
	T7	Pancreas, duodenum	● Ulcers ● Gastritis
	T8	Spleen	● Lowered Resistance
	T9	Adrenal and suprarenal glands	● Allergies ● Hives
	T10	Kidneys	● Kidney troubles ● Hardening of the arteries ● Chronic tiredness ● Nephritis ● Pyelitis ● Cczema
	T11	Kidneys, and kidney ureters	● Skin conditions such as acne ● Pimples ● Boils
LUMBAR SPINE	T12	Small intestines, lymph circulation	● Rheumatism ● Gas Pains ● Certain types of sterility
	L1	Large intestines, inguinal rings.	● Constipation ● Colitis ● Dysentery ● Diarrhea ● Some rupture of hernias
	L2	Appendix, abdomen, upper leg.	● Cramps ● Difficulty breathing ● Minor varicose veins
	L3	Sex organs, uterus, bladder, knes.	● Bladder troubles ● Menstrual troubles such as painful or irregular periods ● Miscarriages ● Bed wetting ● Impotency ● Changes of life symptoms ● Knee pains
	L4	Prostate gland, muscles of the lower back, sciatic nerve.	● Sciatica ● Lumbago ● Difficult painful or too ● Frequent urination ● Backaches
SACRUM & COCCYX	L5	Lower legs, ankie, feet.	● Poor circulation in the legs ● Swollen ankles ● Weak ankles and arches ● Cold feet ● Weakness in the legs ● Leg cramps
	SACRUM	Hip bones, buttocks.	● Sacroiliac conditions ● Spinal curvatures
	COCCYX	Rectum, anus.	● Hemorrhoids (piles) ● Pruritus (itching) ● Pain at end of spine on sitting