**Paravertebral Spinal Facilitation**

Sympathetic-mediated

Parasympathetic-mediated

**HEENT**

T1-4; C2 (CNs III, VII, IX)

**Heart**

T1-5; C2 (CN X)

**Lungs**

T2-7; C2 (CN X)

**Esophagus**

T2-T6

**Foregut**

T5-9; C2 (CN X)

**Midgut**

T10-12; C2 (CN X)

**Hindgut**

T12-L2; S2-S4

**Adrenals**

T8-10

**Kidneys**

T10-L1; C2 (CN X)

**Bladder**

T10-L2; S2-S4

**Gonads**

T9-10; C2 (CN X)

**Uterus & Cervix**

T10-L2

**Prostate**

T11-L2

**Upper Extremity**

T2-T7

**Lower Extremity**

T10-L3