

## Petterson Chiropractic Clinic

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### NERVE OF THE WEEK: T6

T6 is the 6th vertebra down the spine from the base of the neck. It is directly between the shoulder blades. The T stands for thoracic. The thoracic vertebrae are medium sized compared to the smaller neck vertebrae (cervical) and the larger low back vertebrae (lumbar). They have two wings that come out each side called transverse processes that the ribs and back muscles attach to.

T6 resembles all nerves in that one third of the nerve feels pain and controls muscles and two thirds of the nerve is autonomic or controls organs, cells and tissues. The pain fiber of T6 is between the shoulder blades and if this part of the nerve is pinched you will have mid back pain or burning. The muscle fiber controls the rhomboid muscles (above the scapula or wing bones). If the muscle fiber of the T6 nerve is pinched you could experience knots in the muscles or weak back muscles. The autonomic fiber of T6 controls the blood flow to the stomach and controls the release of stomach acid. If the stomach acid fiber is pinched, you can have acid reflux or heartburn as there will be an incorrect amount of stomach acid released when the stomach is digesting food. If the blood flow controlling fiber is pinched, you can have high systolic blood pressure. This is because the stomach will not receive enough blood and the brain will recognize this and through negative feedback raise the overall blood pressure in the body to get the stomach more blood.

The T6 vertebra can become misaligned and pinch the T6 nerve root by macro trauma (car accidents, falls, bigger injuries), and by micro trauma (repetitive small injuries like a carpenter hammering in nails all day or bad posture while working on the computer). Stress is the number one way T6 can get out of alignment and pinch a nerve. Many of the back muscles originate in the thoracic spine and when you are stressed out these muscles can tighten up and pull T6 out of alignment pinching the nerve.

A Chiropractic adjustment will re-align the misaligned T6, open the nerve channel and remove the nerve pressure. This can correct any of the above mentioned symptoms caused by a T6 subluxation (pinched nerve).

*PETTERSON CHIROPRACTIC*

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