



Right alignment -----wrong alignment

## Symptoms from Autonomic Nervous System Involvement with Cervical Instability

- Aches and pains
- Anxiety
- Blurred vision
- Changed appetite
- Chronic fatigue
- Cognitive impairment
- Difficulty concentrating
- Difficulty sleeping
- Dizziness
- Ear pain
- Eyeball pain
- Flushing (vasodilation)
- Generalized loss of muscle strength
- Headaches
- Increase in heart rate
- Irritability and impatience
- Lacrimation (tearing)
- Lightheadedness
- Loss of interest and enjoyment in life
- Memory problems
- Muscle tension
- Neck pain/stiffness
- Paresthesia (face)
- Photophobia (sensitivity to light)
- Rhinorrhea (runny nose)
- Ringing in the ears
- Sinus congestion
- Suboccipital headache
- Sweating
- Sweaty hands
- Tinnitus
- Trembling
- Vertigo
- Visual disturbances
- Withdrawal

**Symptoms from autonomic nervous system involvement with cervical instability.**

Adapted from: Magee D. *Orthopedic Physical Assessment*. 6th Edition. St. Louis, MO: Saunders; 2014.