

PERIPHERAL NERVOUS SYSTEM (PNS)

Functional Anatomy & Distribution Map

Cranial Nerves (I - XII)

- I. Olfactory (*Sensory: Smell*)
 - II. Optic (*Sensory: Vision*)
 - III. Oculomotor (*Motor: Eye movement*)
 - V. Trigeminal (*Mixed: Face sensation/Chewing*)
 - X. Vagus (*Mixed: Visceral regulation*)
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Spinal Nerves (31 Pairs)

- Cervical (C1-C8)
 - Thoracic (T1-T12)
 - Lumbar (L1-L5)
 - Sacral (S1-S5) & Coccygeal
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Sympathetic Division

"Fight or Flight" - Thoracolumbar outflow. Increases HR, dilates pupils, inhibits digestion.

Parasympathetic Division

"Rest and Digest" - Craniosacral outflow. Decreases HR, stimulates glucose uptake.

Enteric Nervous System

Intrinsic mesh-work of the gastrointestinal tract.

ANATOMICAL DISTRIBUTION VISUALIZATION AREA

- **Cervical:** Phrenic (Diaphragm)
 - **Brachial:** Radial, Median, Ulnar
 - **Lumbar:** Femoral, Obturator
 - **Sacral:** Sciatic, Tibial
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