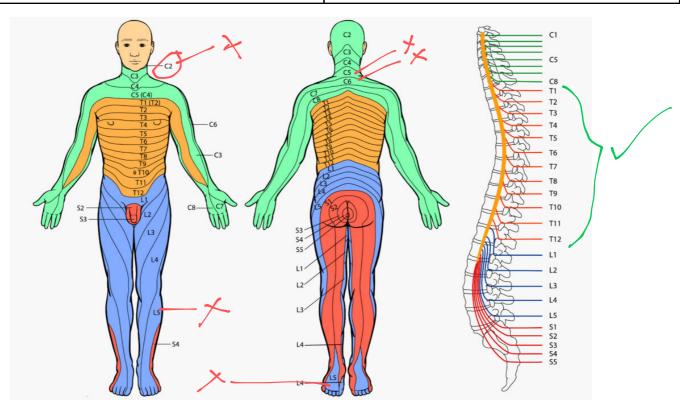
# **Dermatome Map**

Name: Date:



## **SPINAL NERVES**

### **CERVICAL**

C2: lower jaw, back of the head

C3: upper neck, back of the head

C4: lower neck, upper shoulders

C5: area of the collarbones, upper shoulders

C6: shoulders, outside of arm, thumb

C7: upper back, back of arm, pointer & middle finger

C8: upper back, inside of arm, ring & little finger

# LUMBAR

L1: lower back, hips, groin

L2: lower back, front and inside of thigh

L3: lower back, front and inside of thigh

L4: lower back, front of thigh and calf, area of knee, inside of ankle

L5: lower back, front & outside of calf, top & bottom of foot, first four toes

#### THORACIC

T1: upper chest and back, armpit, front of arm

T2: upper chest & back

T3: upper chest & back

T4: upper chest (area of nipples) & back

T5: mid-chest & back

T6: mid-chest & back

T7: mid-chest & back

T8: upper abdomen & mid-back

T9: upper abdomen & mid-back

T10: abdomen (area of belly button) & mid-back

T11: abdomen & mid-back

T12: lower abdomen & mid-back

## SACRAL

S1: lower back, back of thigh, back & inside of calf, last toe

S2: buttocks, genitals, back of thigh & calf

S3: buttocks, genitals

S4: buttocks S5: buttocks

NOTES: