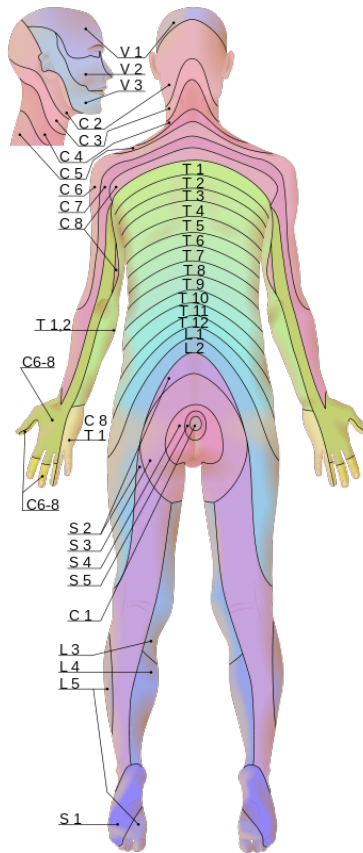


# Dermatome Map

Name:

Date:



Source: [Wikimedia Commons / Goran tek-en](#)

## 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:**

**Assessment**

**Symptoms:**

**Diagnosis:**

**Treatment Plan:**

Please ensure to use this template under the guidance of a healthcare professional.