

Lumbar Dermatome Map

Name: _____ Date: _____

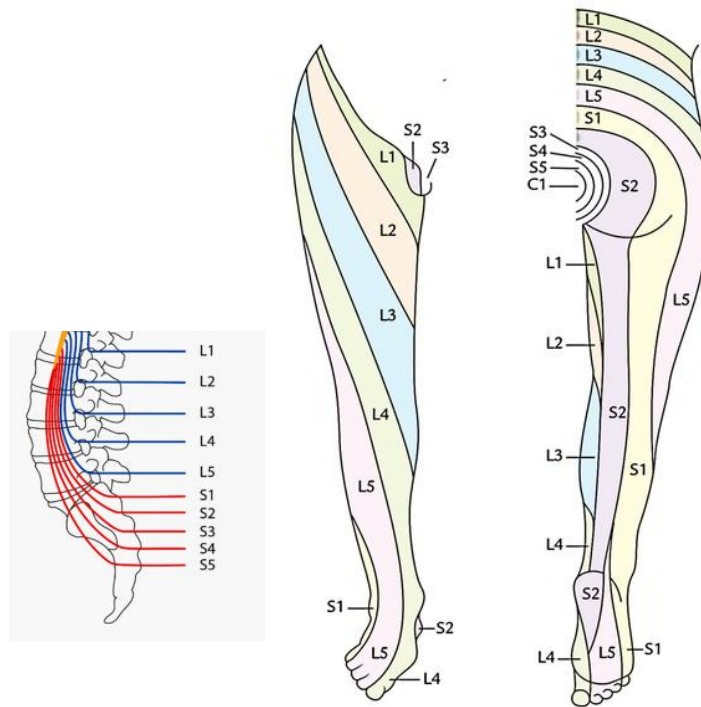


Image courtesy of Earth's Lab

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

Notes