

Dermatome Map

Name: _____ Date: _____ dd / mm / yyyy

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