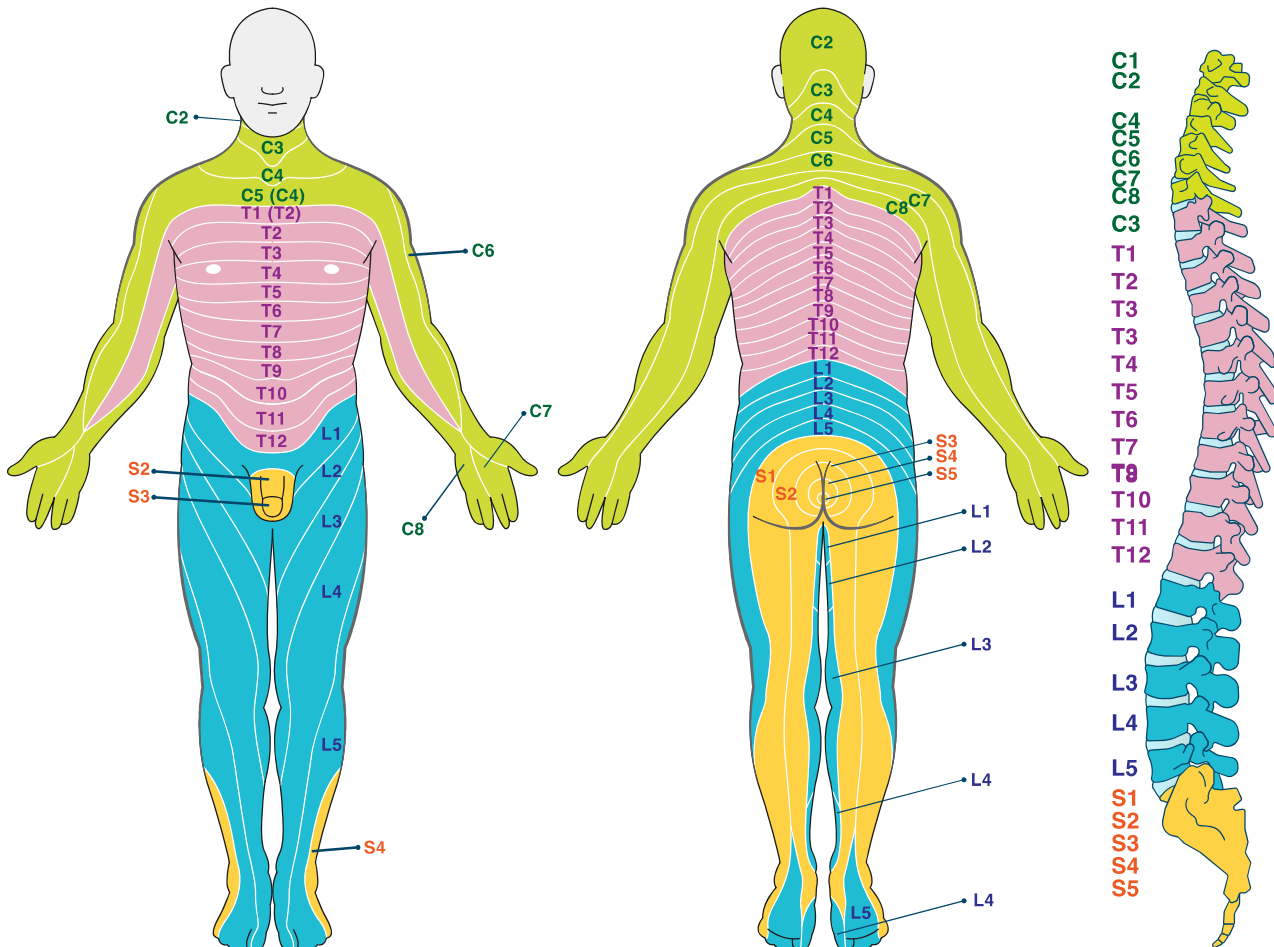
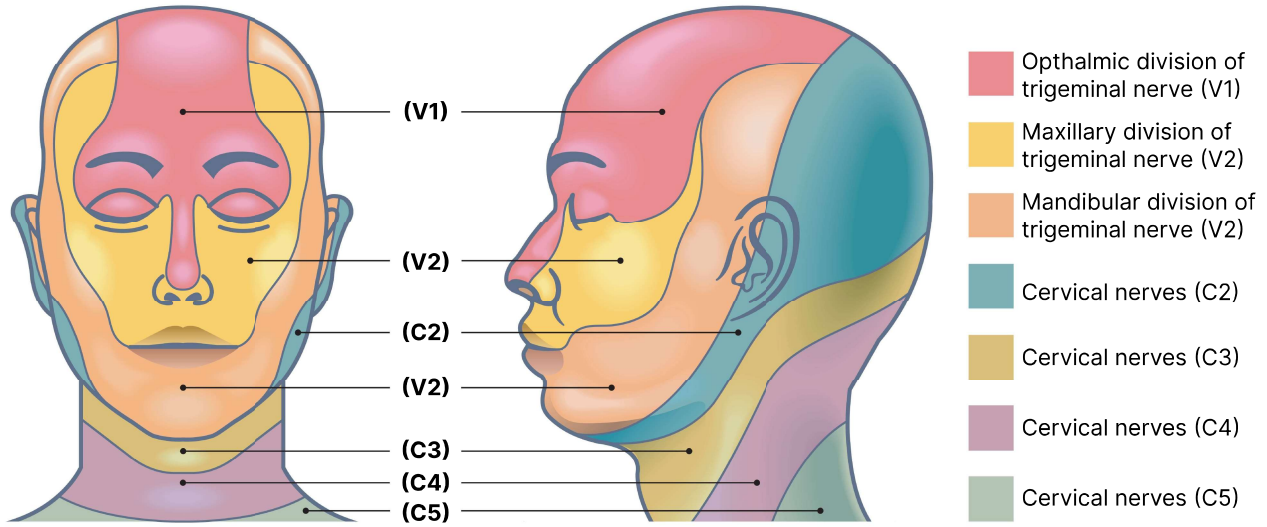


Dermatome Map



Cervical	Thoracic
<p>C2: lower jaw, back of the head</p> <p>C3: upper neck, back of the head</p> <p>C4: lower neck, upper shoulders</p> <p>C5: area of the collarbones, upper shoulders</p> <p>C6: shoulders, outside of arm, thumb</p> <p>C7: upper back, back of arm, pointer & middle finger</p> <p>C8: upper back, inside of arm, ring & little finger</p>	<p>T1: upper chest and back, armpit, front of arm</p> <p>T2: upper chest & back</p> <p>T3: upper chest & back</p> <p>T4: upper chest (area of nipples) & back</p> <p>T5: mid chest and back</p> <p>T6: mid chest and back</p> <p>T7: mid chest and back</p> <p>T8: upper abdomen & back</p> <p>T9: upper abdomen & back</p> <p>T10: abdomen (area of belly button) & mid back</p> <p>T11: abdomen & mid back</p> <p>T12: lower abdomen & mid back</p>
Lumbar	Sacral
<p>L1: lower back, hips, groin</p> <p>L2: lower back, front and inside of thigh</p> <p>L3: lower back, front and inside of thigh</p> <p>L4: lower back, front of thigh and calf, area of knee, inside of ankle</p> <p>L5: lower back, front & outside of calf, top & bottom of foot, first four toes</p>	<p>S1: lower back, back of thigh, back & inside of calf, last toe</p> <p>S2: buttocks, genitals, back of thigh & calf</p> <p>S3: buttocks, genitals</p> <p>S4: buttocks</p> <p>S5: buttocks</p>
Additional notes	
<p>Always test both sides using light touch and pinprick, comparing responses for any asymmetry. Start from the cervical region and work downward, focusing on key dermatomes for common complaints like neck or lower back pain. Be mindful of overlap between dermatomes, and ensure accurate, detailed documentation of findings.</p>	

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