|  |  |  |
| --- | --- | --- |
|  | dermatomes | myotomes |
| C4 | shoulders | Hunch (what do I know) |
| C5 | Outer elbow | Birdie sing abduction |
| C6 | The thumb | Bicep flexion |
| C7 | The finger | Triceps extension |
| C8 | Little finger | Wrist (brmmm) |
| T1 | Inner elbow | Hand jive fingers splay |
| T2 | Armpit |  |
| T4 | Nipples |  |
| T10 | Umbilicus |  |
| T12 | Suprapubic bone |  |
| L1 | Pockets |  |
| L2 | Front thigh | Femur up |
| L3 | Knee | Knee straight |
| L4 | Front ankle | Ankle up |
| L5 | Big toe /2nd toe | Big toe up |
| S1 | Sole | Tip toes |
| S2 | Back of calf/ thigh |  |
| S3 | Buttock | Smile |
| S4 |  |  |
| S5 | Bullseye | Not going there |

|  |  |
| --- | --- |
| Power full weak | 5 / 4 |
| Power against / without gravity | 3 / 2 |
| Flicker of movement | 1 |
| No movement | 0 |