

SPINAL CORD NERVE MAP

Anatomical Reference & Dermatome Distribution

Patient ID: _____ Date: _____

Level	Nerve Segment	Primary Function / Region Affected
Cervical Nerves (C1-C8)		
C1 - C4	Upper Cervical	Head and neck movement, diaphragm (C3-C5), breathing.
C5 - C8	Lower Cervical	Deltoids, biceps (C5), wrist extensors (C6), triceps (C7), hands (C8).
Thoracic Nerves (T1-T12)		
T1 - T5	Upper Thoracic	Intercostal muscles, chest wall, upper back posture.
T6 - T12	Lower Thoracic	Abdominal muscles, trunk stability, balance while sitting.
Lumbar Nerves (L1-L5)		
L1 - L3	Upper Lumbar	Hip flexion, iliopsoas, upper thigh sensation.
L4 - L5	Lower Lumbar	Knee extension, foot dorsiflexion, big toe movement.
Sacral Nerves (S1-S5)		

Level	Nerve Segment	Primary Function / Region Affected
S1 - S2	Upper Sacral	Ankle plantar flexion, Achilles reflex, leg/toe extension.
S3 - S5	Sacral Plexus	Bladder and bowel control, perineal sensation.

Clinical Notes:

Reference Chart: For educational and clinical documentation purposes only.