

# SPINAL NERVE ROOT REFERENCE CHART

## Cervical Spine (Neck)

C5	Shoulder Abduction	Lateral upper arm (Deltoid)
C6	Wrist Extension / Elbow Flexion	Thumb and radial side of hand
C7	Elbow Extension / Wrist Flexion	Middle finger
C8	Finger Flexion	Little finger and ulnar side of hand

## Thoracic Spine (Mid-Back)

T1	Finger Abduction	Medial elbow / Upper inner arm
T4	N/A (Intercostals)	Nipple line
T10	N/A (Abdominals)	Umbilicus (Belly button)

## Lumbar Spine (Lower Back)

L2	Hip Flexion	Anterior upper thigh
L3	Knee Extension	Medial femoral condyle (Above knee)

L4	Ankle Dorsiflexion	Medial malleolus (Inner ankle)
L5	Great Toe Extension	Dorsal foot / Third MTP joint

**Sacral Spine (Pelvic)**

S1	Ankle Plantarflexion	Lateral malleolus (Outer ankle)
S2	Knee Flexion	Popliteal fossa (Back of knee)
S3-S5	Bowel/Bladder Control	Perianal area

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