

Nerve Root	Myotome	Dermatome	Reflexes
C5	Elbow flexors	Regimental Badge	Biceps / Supinator
C6	Wrist Extensors	Palmar side 1st dorsal webspace	Biceps / Supinator
C7	Elbow Extensors	Tip of MF	Triceps
C8	Finger Flexors	Palmar ulnar side little finger	Triceps
T1	Finger Abductors (little finger)	Medial arm	
L2	Hip Flexors	Lateral aspect mid-anterior thigh	
L3	Knee Extensors	Medial epicondyle femur	Knee
L4	Ankle Dorsiflexion	Medial malleolus	Knee
L5	Big Toe Extension	1st dorsal webspace foot	Medial hamstring
S1	Ankle plantar flexors	Lateral aspect calcaneus	Ankle jerk

