Simplified Dermatomes of Lower Limb

These are approximate dermatomes that are perfectly adequate for most clinical practice and for testing, for instance, in lumbar disc lesions. (See "dermatome dance" for an easy way of remembering and demonstrating them)

Across foot on both dorsal and plantar surfaces from medial to lateral is L4 - L5 - S1

T12  Suprapubic area
L1  Hand's breadth below inguinal ligament, side of penis and scrotum

Stand on S1 - Sit on S3
"Dermatome Dance"

Stand on S1
Sit on S3

LOWER LIMB
MYOTOMES (Reflexes)

HIP Extension
L4, 5

HIP abduction &
external rotation
L5, S1

KNEE extension
L3, 4

KNEE flexion
L5, S1

ANKLE extension
(dorsiflexion)
L4, 5

ANKLE flexion
(plantarflexion)
S1, 2

HIP flexion
L2, 3

HIP adduction &
internal rotation
L2, 3
LIMB TENDON REFLEXES

1, 2 (S)

3, 4 (L)

5, 6 (C)

7, 8 (C)