

Dermatomes - Lumbosacral

The skin's surface is divided into specific areas called dermatomes, which are mainly supplied by a single spinal nerve. There are 8 cervical nerves (C1 being an exception with no dermatome), 12 thoracic nerves, 5 lumbar nerves and 5 sacral nerves. Each of these nerves relays sensation (and pain) from a particular region of skin to the brain.



PLAY PICMONIC

L2 - Medial Thigh

(L) [Lion in \(2\) Tutu with Metal Thigh](#)

Lumbar spinal nerve L2 correlates with dermatome distribution over the medial thigh.

L3 - Medial Knee

(L) [Lion at \(3\) Tree with Metal Knee](#)

The dermatome L3 correlates with distribution over the thigh with clinical significance over the medial knee.

L4 - Kneecap, Medial Ankle, and Big Toe

(L) [Lion \(4\) Fork with Knee, Metal Ankle, and Big Toe](#)

Lumbar spinal nerve 4, L4, is characteristically distributed over the kneecap, medial ankle, and big toe.

L5 - Dorsum of Foot

(L) [Lion \(5\) Hand hitting Dorsum of Foot](#)

The dorsum of the foot correlates to the distribution of L5 sensory innervation.

S1 - Lateral Foot, Posteriolateral Thigh

(S) [Snake with \(1\) Wand at Ladder Foot and Post-ladder Thigh](#)

Sacral spinal nerve 1, S1, innervates sensory pathways in the lateral foot and posteriolateral thigh.

S 2, 3, 4, 5 - Perianal and Genitals

(S) [Snake in \(2\) Tutu with 3,4, and 5 coiling around Pear-with-a-hole and Genital-gentleman](#)

Sacral spinal nerves 2-5 correlate with the perianal area and the genitals.