

Spinal Nerve	Dermatome	Location	Muscle Reflex	Muscular Resistance
C-5	Anterior Deltoid	Arm and Hand	Biceps tendon reflex	Deltoid abduction bilateral simultaneous
C5/6			Biceps/Brachioradialis tendon reflexes	Biceps brachii (hand supinated, patient pulls back)
C-6	Thumb (often plus lateral aspect of index finger)		Brachioradialis tendon reflex	Brachioradialis (elbow at 90°, resist flexion)
C-7	Middle finger (often plus medial aspect of index finger)		Triceps brachii muscle reflex	Triceps, finger and thumb extensors
C-8	4th & 5th fingers up to olecranon			Finger flexors (resist prying fingers open)
T-1	Armpit			Thumb opposition (resist pulling thumb from 5th finger). Finger abduction (resist finger adduction)
T-4	Nipple line	Front of Abdomen (patient supine)		
T-7 to 10	T-10 is at umbilicus		Rectus Abdominus reflex from diaphragm to umbilicus	
T-10 to 12			Rectus Abdominus reflex from inguinal area to umbilicus	
L-1	Inguinal crease	Leg		Hip flexors (patient raises leg while sitting)
L-2				
L-3	Region of sartorius muscle			Knee extensors (patient extends knee)
L-3/4				
L-4	Distal quadriceps, across patella to medial shin		Patellar ligament reflex	Foot dorsiflexion
L-4/5				Hip abductors: push out against resistance bilaterally
L-5	Fibular head down tibial crest to web of 1st & 2nd toes			Big toe extension
S-1	Postero-lateral leg to lateral margin of foot	Foot	Achilles tendon reflex	Knee flexion (pull heel to rear with knee bent). Walking on toes = plantar flexion
S-2	Postero-medial leg and bottom midlateral portion of foot			