CLINIC NAME · ADDRESS · PHONE

Dermatome and Myotome Exam Form

PATIENT

Patient name

Date of assessment

Presenting problem

Side and onset

SENSATION (DERMATOMES)

Score each key point: 2 normal · 1 altered · 0 absent · NT not testable.

Level · key point	Light touch L	Light touch R	Pinprick L	Pinprick R
C2 · occipital protuberance				
C3 · supraclavicular fossa				
C4 · acromioclavicular joint				
C5 · lateral antecubital fossa				
C6 · thumb, dorsal proximal phalanx				
C7 · middle finger, dorsal proximal phalanx				
C8 · little finger, dorsal proximal phalanx				
T1 · medial antecubital fossa				
T2 · apex of the axilla				
T4 · nipple line (4th intercostal space)				
T6 · xiphisternum				
T10 · umbilicus				
T12 · midpoint of the inguinal ligament				
L1 · between T12 and L2				
L2 · anterior-medial thigh				
L3 · medial femoral condyle				
L4 · medial malleolus				
L5 · dorsum of foot, 3rd MTP joint				
S1 · lateral heel				
S2 · popliteal fossa				
S3 · ischial tuberosity				
S4–5 · perianal				

STRENGTH (MYOTOMES) AND REFLEXES

Grade each movement 0–5. Reflexes: 0 absent · 1+ reduced · 2+ normal · 3+ brisk · 4+ clonus.

Root · movement	Left	Right	Reflex L	Reflex R
C5 · elbow flexion (biceps reflex)				
C6 · wrist extension (brachioradialis)				
C7 · elbow extension (triceps)				
C8 · finger flexion				
T1 · finger abduction				
L2 · hip flexion				
L3 · knee extension (patellar)				
L4 · ankle dorsiflexion				
L5 · great toe extension				
S1 · ankle plantar flexion (Achilles)				

FINDINGS

Also checked

- ☐ Plantar response normal (flexor)
- ☐ Upgoing plantar (Babinski)
- ☐ Saddle sensation intact
- ☐ Red flags discussed

Pattern and impression (level, side, dermatome or peripheral nerve)

SIGN-OFF

Practitioner name and credentials

Signature

Date and time

Next visit / review date

Template from zdrovia.ca/templates/dermatome-myotome-exam-form/ · Chart it on a tablet instead, free, at zdrovia.ca · Adapt to your college's documentation standard before use.