

Lumbar Dermatome Map

Name: Sibley Farmer

Date: August 15, 2023

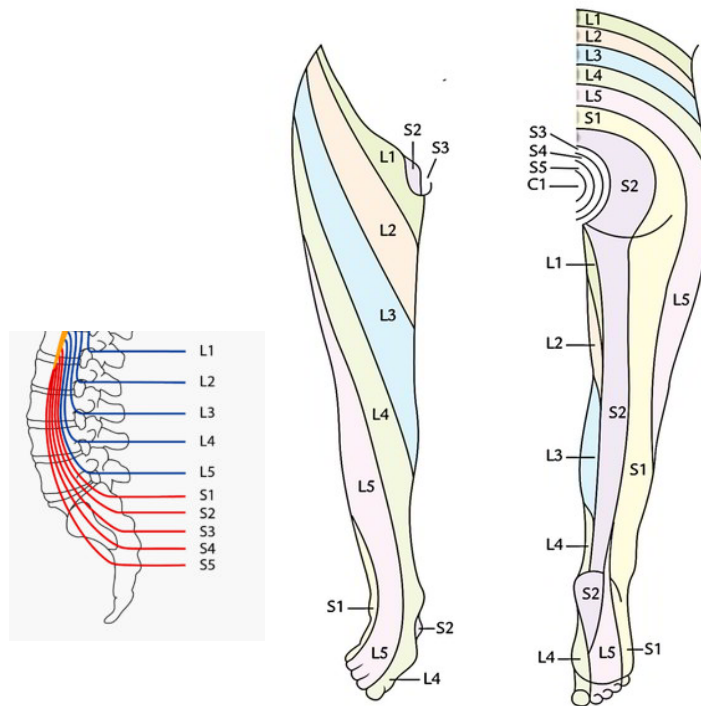


Image courtesy of [Earth's Lab](#)

LUMBAR

L1: lower back, hips, groin

L2: lower back, front and inside of thigh

L3: lower back, front and inside of thigh

L4: lower back, front of thigh and calf, area of knee, inside of ankle

L5: lower back, front & outside of calf, top & bottom of foot, first four toes

NOTES:

Patient feels tingling and numbness on the top of their foot. Occasionally also has a stabbing pain in the leg when sitting that worsens when walking.

Patient may have an L4-L5 disc problem. Further testing is needed.