

DERMATOME MAP

WHAT ARE THEY?

A **dermatome** is an area of sensory nerves near the skin that are supplied by a specific spinal nerve root.

Dermatomes are useful for finding the site of damage to the spine.

(Ex: leg pain from radiculopathy often indicates a problem to a specific nerve root in the lumbar spine.)

USING CBD FOR PAIN

1. Use the dermatome map as a guide to find out where you should apply the CBD salve or oil.
2. Apply the CBD salve or oil indirectly to the spine (off to the side not directly in the middle).
3. Next apply the CBD salve or oil to where the pain radiates.

SPINAL NERVES

CERVICAL

- C2: lower jaw, back of the head
- C3: upper neck, back of the head
- C4: lower neck, upper shoulders
- C5: area of the collarbones, upper shoulders
- C6: shoulders, outside of arm, thumb
- C7: upper back, back of arm, pointer & middle finger
- C8: upper back, inside of arm, ring & little finger

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

THORACIC

- T1: upper chest and back, armpit, front of arm
- T2: upper chest & back
- T3: upper chest & back
- T4: upper chest (area of nipples) & back
- T5: mid-chest & back
- T6: mid-chest & back
- T7: mid-chest & back
- T8: upper abdomen & mid-back
- T9: upper abdomen & mid-back
- T10: abdomen (area of belly button) & mid-back
- T11: abdomen & mid-back
- T12: lower abdomen & mid-back

SACRAL

- S1: lower back, back of thigh, back & inside of calf, last toe
- S2: buttocks, genitals, back of thigh & calf
- S3: buttocks, genitals
- S4: buttocks
- S5: buttocks

