

Upper Region -

C3

C4

C5

C6

C7

C8

Lower Region -

L1

L2

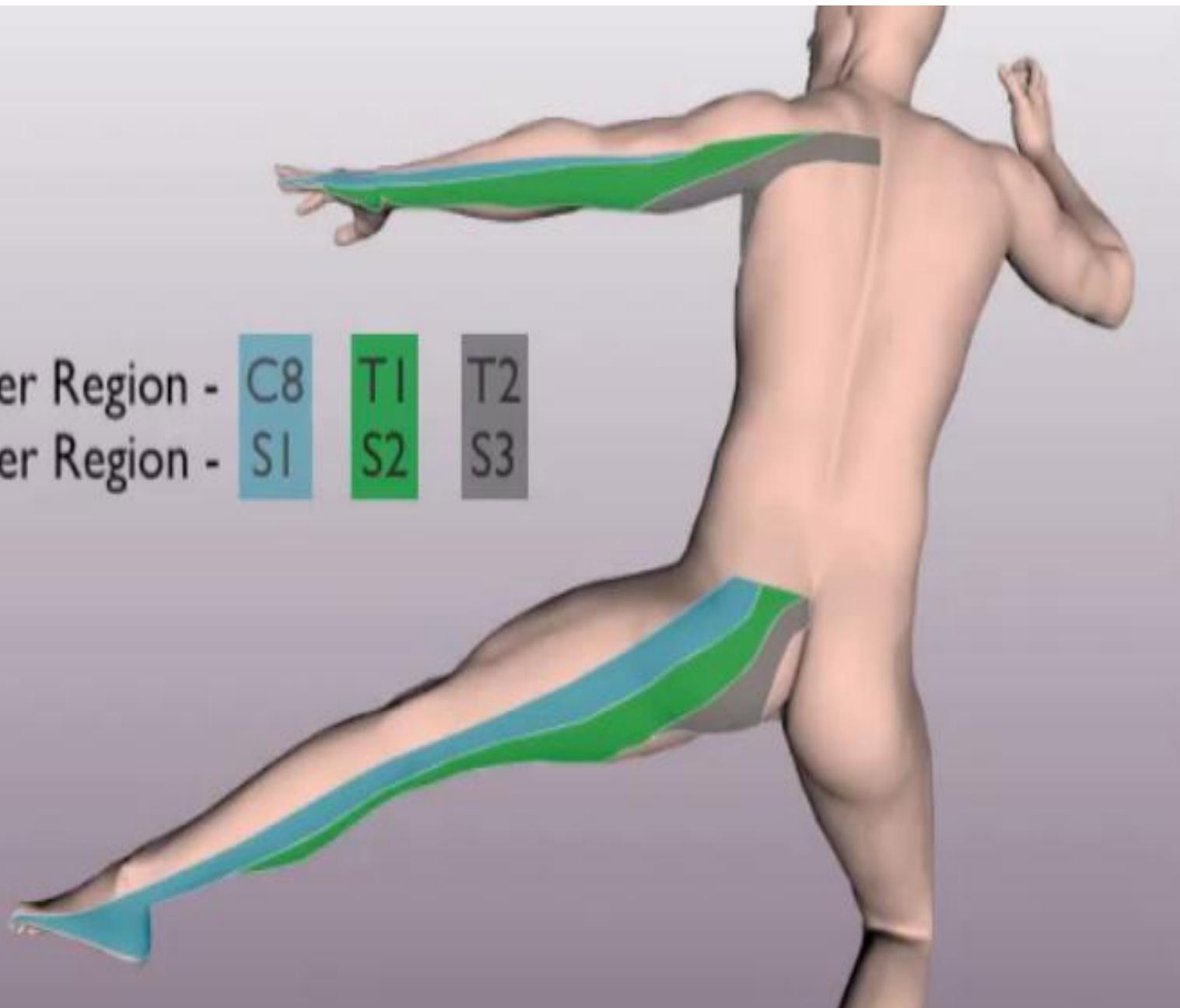
L3

L4

L5

SI





A 3D rendering of a human torso and legs, viewed from the back. Three horizontal bands of color (blue, green, and grey) are overlaid on the body, representing the distribution of different spinal nerves. The blue band covers the upper arm, shoulder, and part of the back. The green band covers the lower back, buttocks, and the back of the thigh. The grey band covers the lower leg and foot. To the left of the figure, text identifies these regions and their corresponding spinal nerve levels.

Upper Region - C8
Lower Region - SI

T1
S2

T2
S3

Extension, flexion, outward and inward rotation.

For extension, quadriceps femoris/femoral nerve L2-L4.

For flexion, hamstring muscles, biceps femoris, semitendinosus and semimembranosus and all sciatic nerves L1-S3.

Outward rotation with the knee flexed, biceps femoris muscle/sciatic nerve L1-S3.

And inward rotation with the knee flexed, semimembranosus muscle/sciatic nerve L1-S2.