

Dermatomes - Thoracic



PLAY PICMONIC

Characteristics

T1 - Medial Arm

(T) Tea (1) Wand with Metal Arms

Thoracic spinal nerve 1 (T1) relays sensation and pain to the medial arm.

T4 - Nipple

(T) Tea (4) Fork

T4 is associated with portraying sensation and pain at the nipple line. The medical mnemonic "T4 is at the teat pore" is helpful in recalling this.

T7 - Xiphoid

(T) Tea and Lucky (7) Slot-machine with Xylophone

T7 is the thoracic spinal nerve associated with innervation of the skin and sensation in a horizontal band spanning across the area of the xiphoid process.

T10 - Belly Button

(T) Tea (10) Tin with Belly Button

T10 is the thoracic spinal nerve portraying skin sensation pain horizontally at the level of the belly button. The mnemonic "T10 is at the belly but-ten" is useful in recalling this.

T12 - Pubis

(T) Tea (12) Carton with Pubes

T12 is the dermatome that is responsible for sensation at the level of the pubis.