



Neurological systems

Level	Myotome	Dermatome
C5	Elbow flexion	Lateral upper arm
C6	Wrist extension	Thumb and lateral forearm
C7	Elbow extension	Middle finger
C8	Thumb extension, finger flexion	Medial hand and forearm
T1	Finger abduction	Medial upper arm
L2	Hip flexion	Anterior thigh
L3	Knee extension	Medial thigh and knee
L4	Dorsiflexion	Medial leg and medial malleolus
L5	Great toe extension	Dorsum of foot
S1	Plantarflexion	Lateral foot
S2	Knee flexion	Posterior thigh/calf



Milestone mnemonics

Age	Gross Motor
1–2 mo	Head up prone
4 mo	Rolls front-to-back
6 mo	Sits unsupported
8–9 mo	Crawls, pulls to stand
10–12 mo	Cruises, walks w/ assist
12–15 mo	Walks independently
18 mo	Stairs w/ hand, running
2 yrs	Jumps, kicks ball



DTRs (deep tendon reflexes)

- ✓ **C5:** Biceps
- ✓ **C6:** Brachioradialis
- ✓ **C7:** Triceps
- ✓ **L4:** Patellar
- ✓ **S1:** Achilles



Motor learning

- ✓ **Cognitive:** Understands task
- ✓ **Associative:** Refines motor patterns
- ✓ **Autonomous:** Automatic, low feedback



Cranial nerve mnemonics

- ✓ **Names:** Oh Oh Oh To Touch And Feel Very Green Vegetables AH
- ✓ **Function:** Some Say Marry Money But My Brother Says Big Brains Matter Most



Musculoskeletal system

- ✓ **Special tests summary**
 - ✓ **Shoulder:** Hawkins-Kennedy, Neer, Apprehension, Empty Can
 - ✓ **Elbow:** Cozen's, Mill's test
 - ✓ **Wrist:** Phalen's, Finkelstein
 - ✓ **Hip:** FABER, FADIR, Thomas, Ely's and Ober
 - ✓ **Knee:** Lachman, McMurray, Valgus/Varus, Crank test
 - ✓ **Ankle:** Anterior drawer, Thompson test, Talar tilt test
- ✓ **Gait deviations**
 - ✓ **Vaulting:** Compensation for long swing leg
 - ✓ **Hip hike:** Weak hip/knee flexors
 - ✓ **Circumduction:** Weak DF
 - ✓ **Trendelenburg:** Glute med weakness