# Referred Pain Patterns

## Neurogenic/Dermatomal Distribution

<table>
<thead>
<tr>
<th>Lumbar Nerve Roots</th>
<th>Pain Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1</td>
<td></td>
</tr>
<tr>
<td>L2</td>
<td>Anterior thigh</td>
</tr>
<tr>
<td>L3</td>
<td>Anterior thigh, knee</td>
</tr>
<tr>
<td>L4</td>
<td>Knee, medial calf</td>
</tr>
<tr>
<td>L5</td>
<td>Lateral calf, dorsal foot, posterolateral thigh, buttocks</td>
</tr>
<tr>
<td>S1</td>
<td>Bottom foot, posterior calf, posterior thigh, buttocks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cervical Nerve Roots</th>
<th>Pain Distribution</th>
</tr>
</thead>
<tbody>
<tr>
<td>C5</td>
<td>Lateral arm, medial scapula</td>
</tr>
<tr>
<td>C6</td>
<td>Lateral forearm, thumb, index finger</td>
</tr>
<tr>
<td>C7</td>
<td>Posterior arm, dorsal forearm, lateral hand</td>
</tr>
<tr>
<td>C8</td>
<td>4th and 5th fingers, medial forearm</td>
</tr>
<tr>
<td>T1</td>
<td>Medial arm, axilla</td>
</tr>
</tbody>
</table>
Sclerotomal or Sclerotogenous Pain Distribution
C7

Ulnar side and the 4th & 5th digits

C8

Ulnar side and the 4th & 5th digits
Dermatomal/Neurogenic Pain

Dermatomal pain corresponds to the dermatomal skin pattern of the specific nerve compressed:

The dermatomal pattern may cause weakness in the muscles innervated by the compressed nerve root. For example, in an L5 nerve compression, the big toe dorsiflexion weakens. This may lead to calf atrophy and foot drop.

Dermatome patterns may cause hyporeflexia at the tendons of the muscles innervated by the compressed nerve.

If pain persists during the night, suspect an dermatomal nerve root compression.

Sclerotomal pain

Sclerotomal pain is not found exclusively within the boundaries of a specific dermatome.

These signs are not found in a sclerotomal pattern.

Sclerotomal pattern does not affect the deep reflexes.

Sclerotomal pain is usually diminished during bed rest at night.
Chiropractic manipulations/adjustments may help but will not have the same immediate improvement like the sclertomal lesion.

Visceral-Somatic Pain

- Diaphragm
- Trachea
- Bronchi
- Lung
- Spleen
- Kidney
- Prostate
- Bladder
- Pelvic Organ
- Stomach
- Heart
- Lung
- Esophagus
- Liver
- Kidney
- Intestines
- Colon
- Aorta
Myofascial Adhesions

Adhesion means, simply, stuff stuck together. Adhesions often accompany scars and can initiate and perpetuating NMS disorders. Scars may be like the tip of an iceberg, with extensive myofascial scarring and adhesions beneath.
Torn Fascia
Misaligned Hypomobile Hypermobile Joints
Contracted Muscle

Microscopic Adhesions
Scar Tissue Mats the Fibers Causing Pain When the Muscle Broadens on Contraction

Scar Tissue Broken Up Using Myofascial Techniques