Myotome: a group of muscles which is innervated by a spinal nerve root. It is a form of isometric resisted muscle testing- you are looking for muscle weakness

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| Nerve | Action | Muscles |
| C2 | Flexion of neck | Longus colli/capitis  Sternocleidomastoid  Rectus capitis |
| C3 | Lateral flexion of neck | Trapezius  scalene |
| C4 | Elevation of Shoulder | Trapezius  Levator scapular  diaphragm |
| C5 | Shoulder Abduction | Rhomboid  Deltoid  Supraspinatus  Infraspinatus  Teres minor  Biceps |
| C6 | Elbow Flexion | Wrist extensors |
| C7 | Elbow Extension | Tricep brachii |
| C8 | Wrist flexion | Wrist flexors |
| T1 | Abduction of finger | Abductor pollicis |
| T2-T12 | Adduction of finger | External intercostals  Rectus  Erector |
| L2 | Hip Flexion | Iliopsoas  Sartorius  Adductor |
| L3 | Knee extension | Quad |
| L4 | Ankle Dorsiflexion | Tibialis anterior  TFL |
|  |  |  |
| L5 | Great toe extension | Extensor hallucis longus  Semimembranosus |
| S1 | Ankle Plantar flexion | Gastrocnemius  Soleus  Piriformis |
| S2 | Bending the knee | Bicep femoris |
| S4 | Anal wink | Pelvis floor |