

C3,4 and 5 – diaphragm

C5 – shoulder muscles elbow flexion

C6 – wrist extension

C7 – elbow extension

C8 – finger flexion

T1 – Abducts fingers

T1 –T12 – chest wall & abdominal muscles

L2 – hip flexion

L3 – knee extension

L4 – foot dorsiflexion

L5 – toe movement

S1 – foot plantarflexion

S3,4 and 5 – bladder, bowel and sex organs, and the anal and other pelvic muscles.