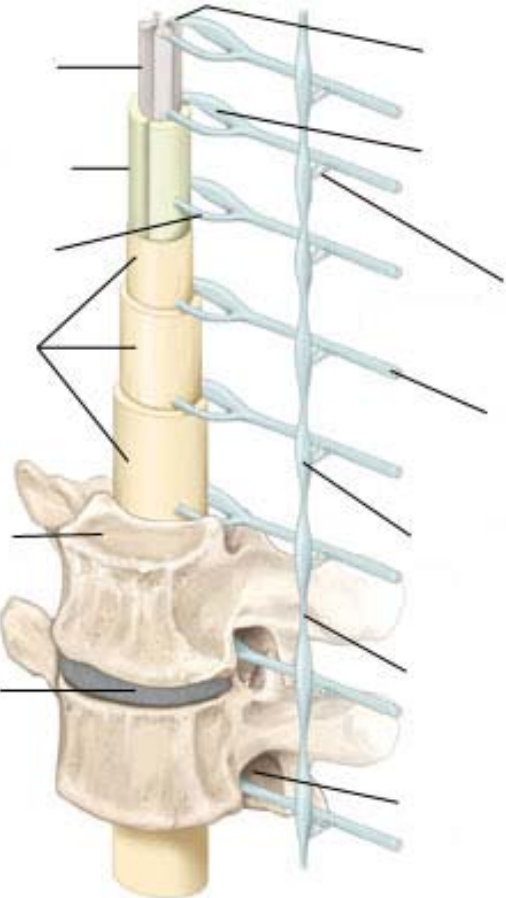


## Workbook : Neurological anatomy of the lower limb.


This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

### Self-assessment

1.	<p>Label the diagram :</p>  <p>The diagram illustrates the spinal cord and its associated structures. It shows a cross-section of the spinal cord within the vertebral canal, with the vertebral bodies and intervertebral discs visible on the left. The spinal cord is shown in yellow, and the surrounding meninges are depicted in pink. The spinal nerves are shown in blue, branching out from the spinal cord. Labels with lines pointing to various parts of the diagram are present, but they are not legible in this image.</p>
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2.	Which vertebrae contribute to the lumbr–sacral plexus?
3.	Which nerve is responsible for the sensory innervation of the medial aspect of the thigh? What nerve roots contribute to this nerve?
4.	Which nerve supplies the muscle of the superficial posterior compartment of the leg? What nerve roots contribute to this nerve?

5.	Describe the innervation of the plantar surface of the foot.
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6.	From where does innervation originate for the dorsum of the foot?
7.	What is the difference between a dermatome and cutaneous distribution?
8.	<p>On the outline below, draw &amp; label the dermatomal distribution.</p>  <p>The image contains two photographs of human feet. The left photograph shows the plantar surface (sole) of a right foot, with the toes pointing upwards. The right photograph shows the dorsal surface (top) of a pair of feet, with the toes pointing downwards. Both images are set against a plain white background.</p>

9.

On the outline below draw the cutaneous distribution.



10.

What clinical significance might there be neurologically in the lower limb if a patient suffered from a disc prolapse between:

L1 & L2

L4 & L5

11.	Your patient has been diagnosed with a sacral chordoma. What symptoms might you expect to see?
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## Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :



Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

