

CRUX OF MRCS REFLEX ARCS

Reflex	Afferent (Sensory)	Efferent (Motor)	Nerve Root(s)	Normal Response
Biceps	Musculocutaneous n.	Musculocutaneous n.	C5–C6	Elbow flexion; biceps contraction
Brachioradialis	Radial n.	Radial n.	C5–C6	Elbow flexion & forearm supination
Triceps	Radial n.	Radial n.	C7–C8	Elbow extension
Knee (Patellar)	Femoral n.	Femoral n.	L3–L4	Knee extension
Ankle (Achilles)	Tibial n.	Tibial n.	S1–S2	Plantarflexion
Plantar	Tibial n.	Tibial n.	L5–S1	Plantar flexion of toes ("down-going")
Cremasteric	Genital branch of GFN	Genital branch of GFN	L1–L2	Ipsilateral testis elevation
Anal (External Anal)	Pudendal n.	Pudendal n.	S4–S5	Contraction of external anal sphincter
Pupillary Light (Direct & Consensual)	Optic n. (II)	Oculomotor n. (III)	II → III	Constriction of both pupils
Corneal (Blink)	Ophthalmic branch V ₁	Facial n. (VII)	V ₁ → VII	Bilateral blinking when cornea is touched
Gag	Glossopharyngeal n. (IX)	Vagus n. (X)	IX → X	Elevation of palate & pharynx
Cough / Sneeze	Glossopharyngeal (IX) / Trigeminal (V)	Vagus (X) / Spinal nn.	IX/V → X/spinal	Forceful expulsion of air from lungs or nasal cavity