

Cervical Radiculopathy

CERVICAL SPINE · NERVE ROOT

Arm pain, tingling or weakness from a pinched nerve in the neck. The aim is to settle nerve irritation and open space at the neck; symptoms should move toward the neck, not down the arm.

1



Chin Tuck / Retraction

10 × 5 sec, 2–3× daily

- Draw the chin straight back; lengthen the back of the neck.
- Stop if arm symptoms increase.

2

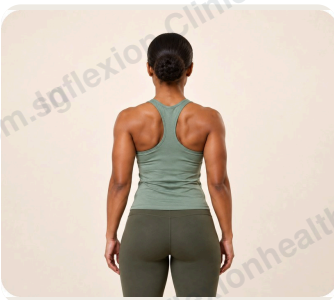


Median Nerve Glide

10 slow reps

- Arm out, palm up; tilt the head away, then toward.
- Ease off if tingling increases.

3



Scapular Squeeze

10 × 5 sec

- Shoulder blades back and down.
- Keep the neck long and relaxed.

4



Band Row

3 × 12

- Elbows back, shoulder blades together.
- Neck relaxed throughout.

5



Doorway Pec Stretch

3 × 30 sec

- Forearms on the frame; step forward gently.
- Feel it across the chest, not the arm.

6



Gentle Side Bend

3 × 15 sec, away from painful side

- Tilt the head away from the sore arm.
- Never stretch toward the painful side.

HOW OFTEN

2–3 times daily. Nerve glides and retraction only while symptoms centralise. If home traction was prescribed, use it as instructed.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Progressive arm weakness, clumsiness of the hands, or unsteady walking — seek urgent review.