

# Cervical Nerve Stretch Syndrome/Burner Syndrome

## What is it?

When nerves in the lower neck/shoulder are overstretched or compressed.

## What causes it?

Hyperextension of the neck. Sudden and simultaneous bending and rotation in neck. Direct blow to the head or shoulder.

## Symptoms

A burning feeling running from the neck to the arms and/or fingers. Numbness, prickling of skin. Loss of muscle strength.

## Top Tips

Keep neck fully supported at all times where possible, to stop further injury and discomfort. Seek advice on an exercise programme.

## How to Treat it

Neck brace. Ice packs. Painkillers and anti-inflammatories.



## Rehab

Possible neck brace. After period of healing, physical therapy to promote increased range of movement, flexibility and strength.

## Definitions

**Hyperextension** – forceful extension beyond normal range in posterior direction

## Associated Conditions

- Neck Strain,
- Whiplash,
- Wryneck/Acute Torticollis,
- Spur Formation (Cervical Spondylosis),
- Cervical Nerve Stretch Syndrome/Burner Syndrome,
- Pinched Nerve

## Get Help Now

### Products

Purchase sports injury products from Physique - neck brace, [ice packs](#) or [gels](#)

10% DISCOUNT WITH CODE:  
**BODYMECHANICS**

### Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

**BOOK NOW**