

# Pinched Nerve (Cervical Radiculitis)

## What is it?

Compression and/or inflammation of the nerves in the neck, relating to the shoulder, arm and hand

## What causes it?

Repetitive stress. Mal-aligned disc or bone spur pressing on a nerve. Disc degeneration.

## Symptoms

Pain, numbness and muscle weakness in arms and chest. Restricted movement.

## Top Tips

Seek medical treatment as soon as possible, as this can result in permanent nerve damage. Obtaining the correct medication from your GP is also important. Seek advice on an exercise programme.

## How to Treat it

Rest, ice, anti-inflammatories and painkillers.



## Rehab

After a period of healing, gentle physical therapy to help with mobility and strengthening. Good technique during any activity. Maintain proper posture.

## Definitions

**Discs** – cartilaginous pads located between the spinal vertebrae. Help to absorb force and to promote flexibility

**Bone Spur or Osteophytes** – bony projections that develop at joints

## Associated Conditions

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

## Get Help Now

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