# **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 dengeneration.

# Symptoms

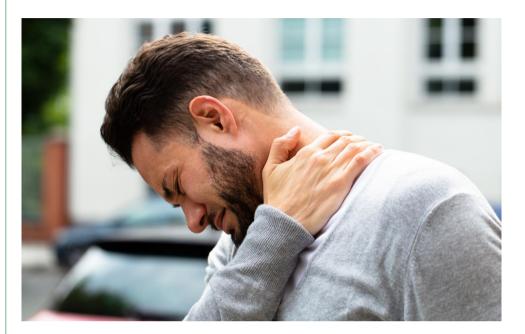
Pain, numbness and muscle weakness in arms and chest. Restricted movement.

# 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**

#### Products

Purchase sports injury products from Physique - ice packs or gels

#### Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

10% DISCOUNT WITH CODE: BODYMECHANICS

BOOK NOW

References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com

0333 577 4550 V enquiries@bodymechanics.co.uk

## www.bodymechanics.co.uk