Milton
CHIROPRACTIC
CLINIC
CAMBRIDGE

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Pinched Nerve In The Neck

A pinched nerve in the neck can be very painful. It usually results in: Neck pain and possibly numbness or tingling in the shoulder, arm, and/or hand. Other symptoms include loss of sensation in the shoulder, weakness in the shoulder arm, and/or hand. Here are some effective exercises which will not only help to alleviate the neck pain, but also help with the relief from the pain in the shoulder, arm, and/or hand resulting from the pinched nerve in the neck.

Clinic Director, Milton Chiropractic Clinic

McKenzie Neck Exercises 1 - 4

Step 1

1 - Sit upright.

2 - Squeeze your shoulder blades together.

Step 2

1 - Create a double chin by focusing your eyes straight ahead and use two fingers to push your chin in.

2 - You hold this for about five seconds.

3 - Repeat 10 times.

Step 3

1 - Repeat steps 1 & 2 adding on next step.

2 - Continue by tilting your head backwards hold this for one to two seconds.

3 - Relax and sit upright.

4 - Repeat 10 times.

Step 4

1 - Repeat steps 1, 2 & 3 adding on next step.

2 - Continue by moving your head an inch to the left and then the right.

3 - Hold this just for a few seconds. Repeat 5x left, 5x right holding each time for a few seconds.

4 - Return to the upright position.

Median Nerve Stretch Exercises 1 - 5

1 - Hold your arm out straight to the side, hand palm facing upwards. Relax your shoulder.

2 - Arm still straight and bend your wrist, fingers pointing to the floor.

3 - Slowly extend your arm backwards slightly, continue bending your wrist, fingers pointing to the floor.

4/5 - Move the arm downwards and tilt your left head to the left. Floss the nerve by moving your head back to the middle again. Or keep the head tilted to the left and bend/extend the wrist and fingers.

Repeat x 10.

Radial Nerve Stretch Exercises 1 - 4

Step 1

Hold your arm out straight to the side, hand palm facing downwards. Relax your shoulder.

Step 2

Moving your hand palm away, face it away from you towards wall behind you. Slight bend in the wrist.

Step 3

Now, move your arm downwards, then extend the arm down still pointing backwards. You need to turn the fingers away from you, turning your arm inwards about 30-degrees.

Step 4

Hold the stretch. To accentuate, tilt your head by moving your opposite ear to the opposite shoulder. "Floss" the nerve by moving your head back and forth. Repeat x 10.

Ulnar Nerve Stretch Exercises 1 - 3

1 - Create an OK sign, by placing your index finger on top of your thumb.

2 - Put your arm to the side, move your elbow back. Then you need to turn the hand around, making sure fingers are facing towards the floor and place your little finger just behind your ear.

3 - Now you must push your elbow back to feel a little stretch. Again, accentuate by tilting your head to the opposite shoulder. Use the "flossing" technique as previously described. Repeat x 10.

Scan to watch the video

Link to video:
https://youtu.be/yBxMyhPYNzo

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