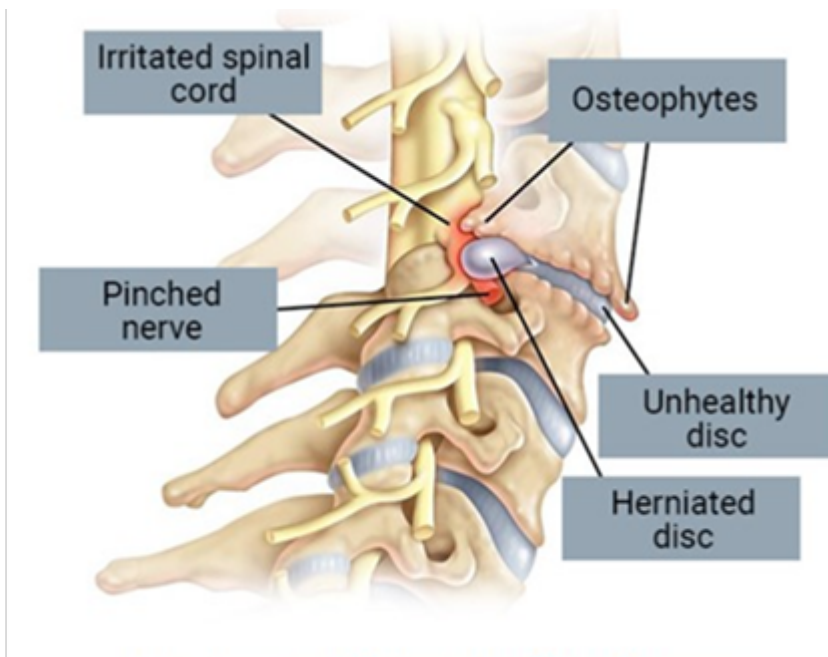


Cervical Nerve Root Irritation

What is it?

Cervical (Neck) nerve root irritation is also known as a pinched nerve. Nerves which supply the neck, shoulder and arm exit the spine through a space between each vertebra. Nerve root compression and irritation can happen due to numerous reasons. Poor postures of the neck and shoulder can also be seen in individuals with nerve root irritation.



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Symptoms

- Pain, pins and needles or burning radiating into the top of the shoulder or down into the arm
- Weakness of the muscles that are supplied by the nerve.

- Protective muscle spasm in the neck around the irritated area.
- Pain with movement of the neck, especially with looking up and turning or leaning towards the painful side.
- Pain is often relieved in a forward head position which opens the exit foramen.

Diagnosis

Diagnosis of a cervical nerve root irritation can be achieved through physiotherapy, this will include the physiotherapist asking patterns about your pain, mobility, and function. This will be followed by a physical examination including range of movement testing, strength testing, palpation of your neck, and if indicated testing your nerve pathway and reflexes.

Imaging is not required to diagnosis cervical nerve root irritation but can be utilised to rule out any sinister causes if it is suspected this is the reason for your pain.



Management

Management of a cervical nerve root irritation is a multimodal approach and often includes varying treatment, but typically includes:

- Education around the injury, management, and prognosis.
- Pain relief if requires, which may be over the counter or via the doctor if needed.
- Manual therapy of the neck and surrounding structures can be utilised to reduce pain, increase mobility of the joint.
- Strengthening of the neck, shoulder and upper back is typically a mainstay of treatment.
- Postural advice will be provided, and potentially a desk assessment can be implemented if required.
- Surgical management may be required for severe cases, but physiotherapy pre and post operation would be indicated and required.



Book Now

If you have been suffering with neck pain, book an appointment today with one of our highly experienced physios to get a plan to decrease your pain and get you back doing all the things that you love.