

Pinched nerve

A pinched nerve occurs when pressure or compression is placed onto a nerve by surrounding tissues, such as bones, muscles, ligaments or tendons. This pressure can cause pain, tingling, numbness or weakness.

A pinched nerve can occur in several areas within the body. For example, a herniated disc in the neck, lower back, shoulder etc. may put pressure on a nerve root. This may cause pain that radiates down or up the nerves pathway causing referred pain such as headaches, numbness, tingling or weakness.

Conservative treatments, such as chiropractic care, most people improve and recover from a pinched nerve within a few days or weeks.