

Cervical Radiculopathy - Supportive Care & Stretching

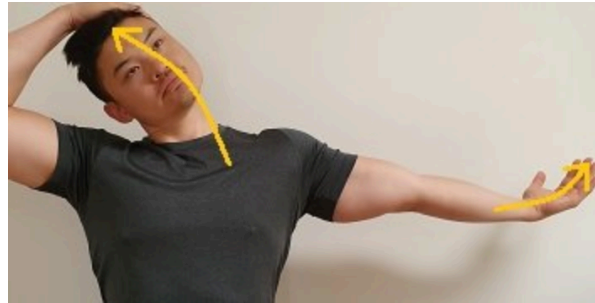
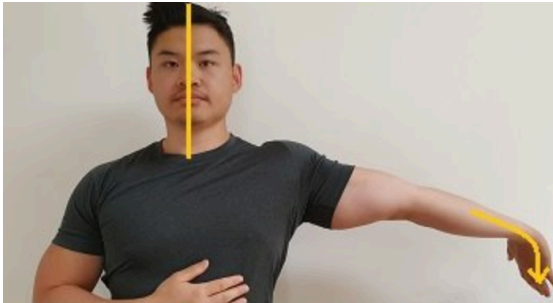
Cervical radiculopathy occurs when a nerve in the neck becomes irritated or compressed, often causing pain, numbness, or tingling that radiates down the arm. This can result from a herniated disc, arthritis, or poor posture. Most cases improve with conservative treatment and time.

- **Stay active**, but avoid heavy lifting or movements that worsen symptoms. Gentle movement is better than bedrest.
- **Avoid prolonged screen time** with poor posture — keep screens at eye level and take breaks to reset your neck position.
- **Apply ice or heat** as needed. Ice may help during acute flares; heat can relax tight muscles.
- **Use a supportive pillow** that keeps your neck in a neutral position when sleeping — avoid stacking pillows too high.
- **Stretch gently** 1–2 times per day. Don't push into pain. Slight tingling during nerve glides is okay, but sharp or worsening symptoms are not.
- Seek medical care if symptoms significantly worsen, or if you develop weakness, coordination problems, or changes in bowel/bladder control.

On the next pages, you'll find simple stretches designed to reduce stiffness, improve mobility, and support your pain recovery.

Take your time, breathe through each stretch, and focus on gentle, controlled movement. **Start with the ones that feel easiest, and gradually work your way through the full routine 1–2 times daily.**

Median Nerve Glide



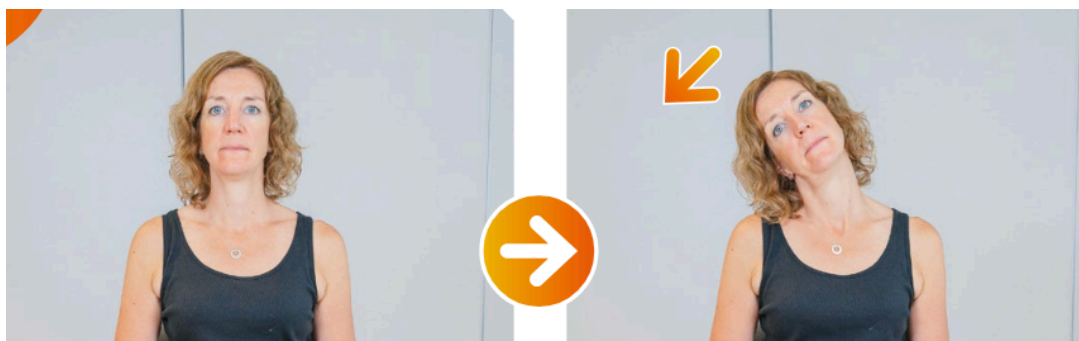
- Stand or sit tall with one arm out to the side, palm facing up
- Extend your wrist (like you're saying "stop")
- Slowly tilt your head away from the extended arm
- Return to start and repeat
- Do 5–10 reps per side, once or twice daily

Chin Tucks



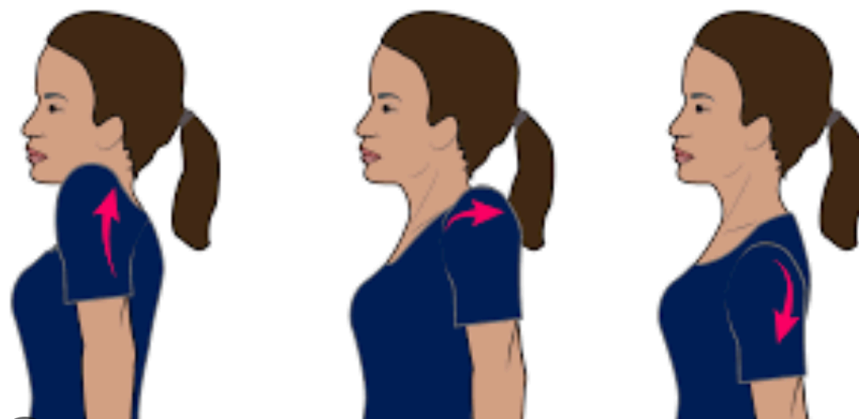
- Sit or stand tall with your shoulders relaxed
- Gently pull your head straight back (like you're making a double chin), keeping your eyes level
- Hold this position for 3–5 seconds, then relax
- Repeat 10 times, 1–2 times per day

Side Neck Bend



- Sit on one hand or anchor it under your thigh
- Use your other hand to gently pull your head toward the opposite shoulder
- Keep your nose pointing forward — do not rotate your head
- Hold the stretch for 20–30 seconds
- Repeat 2–3 times per side, 1–2 times per day

Shoulder Rolls



- Sit or stand upright
- Slowly roll your shoulders up, back, and down in a circular motion
- Perform 10 slow circles, then reverse direction for 10 more
- Repeat 2–3 times per day, especially after prolonged sitting