



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

Cervical radiculopathy is a clinical condition associated with pain, numbness and/or muscle weaknesses of the upper limbs due to a compression or irritation of the nerves coming out from your neck. In most cases it will improve with conservative treatment, including physiotherapy and appropriate exercises are essential. Neuropathic medication which could be prescribed by your GP may also help.

Try to do your exercises little and often throughout the day

Small amounts of pain is acceptable and can be expected during the rehabilitation exercises but should not aggravate your pain or make it worse.

- Pain should be 4/10 or less during the activity
- No increased pain for prolonged periods 24 hours after exercises
- No increased numbness or pins and needles
- The pain shouldn't interfere with sleep following the exercises

You can increase and decrease the amount of exercises you can tolerate depending on your pain symptoms.

Cervical Myelopathy information sheet

It is common as you get older to have age related changes in your neck and for most people this does not cause any problems. However, in a small percentage of people this progresses and causes pressure on the spinal cord, known as degenerative cervical myelopathy.

Other forms of cervical myelopathy may occur in adults at any age, although this occurs less frequently than the degenerative type.

You need to be aware of the symptoms of this condition so that you can seek timely medical assessment if they were to occur. If the condition was to be left untreated it could cause irreversible nerve damage and lifelong symptoms as listed below.

Symptoms of cervical myelopathy may include:

- Neck pain and stiffness with pain in arms and/or legs
- Arms and/or legs becoming weak, numb or tingly
- Loss of control for fine movement of the hands such as doing up buttons or picking-up coins
- Imbalance/unsteadiness on walking
- Bladder or bowel incontinence
- Unable to begin to pass urine, or unable to fully empty bladder
- Erectile Dysfunction

If you gradually notice symptoms from the list above, please discuss with your GP as a priority.

If you develop rapid deterioration of the above symptoms seek emergency medical attention.

Please note that neck pain with one sided arm pain, numbness or weakness occurs frequently without myelopathy. These symptoms warrant assessment but do not necessarily require urgent medical management.

If you have any questions about the information above please speak to your physiotherapist your next appointment or call us on 0300 555 0123.



Phase 1.

1) Off-loading position.

Sit in a comfortable position. Cradle your painful arm or support it with pillows.

Tilt your head a little towards your painful side and only if comfortable. Use this position whenever you are in pain.



Sitting.

Turn your head **away form your symptoms** until you feel a stretch. Move only to the limit of your pain and then return back to starting position.

Repeat _____ times

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Sitting.

Tilt your head **away from your symptoms** until you feel the stretch on the opposite side. Move only to the limit of your pain and then return back to starting position.

Repeat _____ times.



Sitting.

Bend your head forward until you feel a stretch behind your neck. Hold as you feel comfortable. Please note if you experience any dizziness, leave this exercise.

Repeat _____ times

Lying on your back on the floor or bed.



Press the back of your head towards the floor while nodding the chin. You may feel stretching of your upper neck. Hold approx. 2 secs. and progress with time to 4,6,8 seconds holds etc.

Repeat times.

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Shoulder blade placement.

Standing or sitting.

Move your shoulder blades back and down (small movement).

Repeat times.

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Phase 2.

Sit on a chair. Place your hands behind your back on the chair.

Tighten the muscles between your shoulder blades and push your chest forward. Press your hands against the chair.

Hold 5 - 10 seconds.

Repeat times.

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Sitting with your clenched hand between your chin and chest.

Put the other hand behind your head and gently pull your head forward and down. Hold as you feel comfortable. Please note if you experience any dizziness, leave this exercise.

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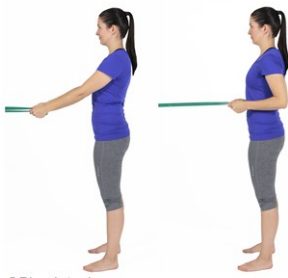


Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Repeat times.

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Exercise Band Row

Stand tall holding an exercise band with straight arms. The band is attached in front of you and the slack is taken off the band.

Draw the shoulder blades in and down and pull your elbows backwards. Hold 5-10 sec. In a controlled manner let your arms straighten back to the starting position.

Repeat _____ times.



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AIM: The aim of these exercises are to move the nerve and help to reduce irritation.

Select one exercise option below:

The movements should only be taken to the point where you begin to feel something.

The exercise is performed for about 30 seconds, preferably several times each day.

After the exercises your symptoms should return back to baseline.



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