



Cervical radiculopathy is a condition that happens when a nerve in your neck is pinched or irritated.

CAUSES

- Cervical disc herniation causing nerve compression or irritation
- Spinal or foraminal nerve canal stenosis (narrowing of the nerve space) causing nerve compression or irritation
- Degenerative changes causing nerve compression or irritation
- Osteophytes (bone spurs) causing nerve compression or irritation

SYMPTOMS

- Pain that radiates from the neck into the shoulders and/or down the arm
- Pain with range of motion
- Numbness, weakness, burning or tingling in the neck or arms

TREATMENT

- Medication
 - Acetaminophen
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Muscle relaxants
 - Oral steroids
 - Nerve medication
- Physical therapy
- Epidural steroid injections
- Physical therapy to includes stretching and exercises
- Chiropractic therapy

SEEK MEDICAL CARE IF:

- You have pain that is not relieved with rest or medicine or does not improve in one week.
- You develop new symptoms.
- You are generally not feeling well.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain that radiates from your neck into your arms.
- You have unusual weakness or numbness in your arms.