

## **How to Sit Pain-free Watching TV with Neck Pain/Pinched Nerve**

If you have pain that radiates down your arm from a pinched nerve, the first adjustment you should make is to place pillows under your arms for support. This is especially true for the painful arm.

When viewing the screen, it should be directly in front of you. It should not be off to the side which causes you to rotate your head.

When sitting in a soft chair or couch, put a throw pillow behind your back. This will help support your posture and make it less likely you will have your neck in a forward head position.

Take frequent breaks from sitting. A short walking break can make a difference in your pain levels.

If you are lying on the couch, use a foam bed wedge cushion to prop up your body to be able to comfortably view the TV. Do not use multiple pillows and place your neck in a flexed position.

Every hour you should perform the following exercises:

1. Chin tucks
2. Y-Ws
3. Neck extensions or neck rotations