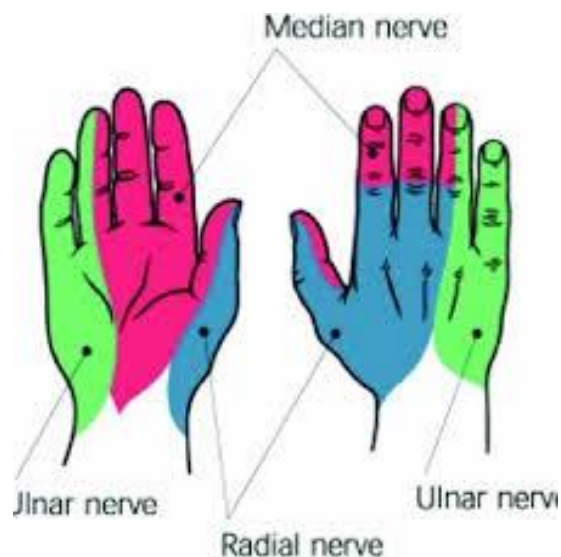


## When Should You Try Nerve Flossing for a Pinched Nerve in your Neck? Cervical Radiculopathy

With nerve flossing we are trying to floss your nerves just as we would use floss to glide through and clean between your teeth. We are trying to get the nerves to glide better, which can reduce your pain. You must be VERY CAREFUL in performing this exercise because while it can make your pain better, it can also make your pain worse.

Before you try flossing you should do the following three things:

1. Be certain that you have a pinched nerve. See your doctor to provide a diagnosis. We also have a video in this neck series entitled [5 Tests to Determine if You Have a Pinched Nerve in Your Neck.](#)
2. Before you try any flossing, we would recommend you watch our video [#1 Stretch and Exercise Program for Neck Pain, Pinched Nerve, etc.](#) and try the exercises in it. Give it a good try. We have had much success with this exercise program.
3. You will have to know which nerve you need to floss. Again the [5 Tests to Determine if You Have a Pinched Nerve in Your Neck](#) will help. Also, if you are having pain, numbness or tingling in your arm and hand, the location is an indicator of which nerve is involved. See diagram below.



So, if you have done all three things and want to give nerve flossing a try watch our video: *How to Perform Nerve Flossing for a Pinched Nerve in your Neck (Median, Ulnar, or Radial)*.