

How to Perform Nerve Flossing for a Pinched Nerve in your Neck (Median, Ulnar, or Radial)

Before you try any nerve flossing you should check with your healthcare provider for two reasons.

1. To determine if they feel nerve flossing would be helpful.
2. To determine which nerve is involved.

You will not be performing all three of these nerve flossing exercises. Only perform the exercise for the nerve from which you are experiencing pain, numbness, tingling, and/or burning.

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.

We recommend you start by performing just 10 repetitions of the nerve flossing and then wait a day to see how your body reacts. If you experience increased radiating pain (in the arm or hand) stop immediately. Wait a week and try it again. A week later before trying the flossing, attempt the first exercise demonstrated in [#1 Stretch and Exercise Program for Neck Pain, Pinched Nerve, etc.](#)

Median nerve flossing:

Stand up straight. Extend your arm (elbow) out to the side of you. Your arm should be level with the ground. Shoulder should be at 90 degrees. See Photo. Turn wrist outward so palm is facing up toward the ceiling. At the same time, extend your wrist and side bend your neck toward the arm. Follow it up by immediately bringing the hand back to the starting position while laterally bending your neck away from the arm (again in unison). That is one repetition. Repeat 10x. You should feel symptoms just slightly (pain, numbness, tingling). If the symptoms start to increase stop immediately.

Ulnar nerve tension flossing:

Test unaffected arm first. With arm out to the side bend elbow fully and extend wrist. Make a circle with you thumb and pointer finger. Flip your hand palm up and see if able to place the circle over your eye. At the same time, side bend your neck toward the hand. Now in unison, side bend you neck away from the hand while flipping your hand palm down. That is one repetition. Repeat 10x. You should feel symptoms just slightly (pain, numbness, tingling). If the symptoms start to increase stop immediately.

Radial nerve tension flossing:

With the arm at your side, take your hand and reach down to the floor. As you do this, twist your lower arm, so it is facing palm out. It has been described as a waiter seeking a tip. Flip your hand up so the palm is now facing the ceiling while at the same time side bending your neck toward the hand. from hand. Now in unison flip the palm back down while bending your neck away from the hand. Repeat 10x. You should feel symptoms just slightly (pain, numbness, tingling). If the symptoms start to increase stop immediately.

To put slightly more stress on the nerve you can move the arm out from your side.