

#1 Sign the Pinched Nerve in Your Neck is Getting Better or Getting Worse.

What to look for

An important point to underscore is generally the more a nerve is irritated in your neck, the further down the arm the symptoms of pain, numbness, tingling, weakness, and/or burning occur. The reverse is also true, as the nerve becomes less irritated the symptoms generally improve in an ascending fashion. That is less pain, numbness, tingling, weakness and/or burning in the foot or lower leg. This can help you gauge whether your self-treatments are helping.

If you prefer, watch the video accompanying this handout. In the video we use tape to indicate patterns of pinched nerve in your neck and how it can improve. Watch this video before performing any neck exercises. You will want to know if your neck exercises are working. The title is the same and it can be found under search on YouTube.

We have used tape in the photos to demonstrate the preferred progression of your pain. In **photo A** the pain/numbness/tingling/burning is in full force travelling down the entire arm and possibly into the hand. In **photo B** the pain/numbness/tingling has begun to centralize - first leaving the wrist and hand. In **photo C** the pain has left the forearm muscles. In **photo D** the pain has left the upper arm and is felt only in the upper trapezius and neck. In **photo E** the pain only remains in the neck itself. That pain will also eventually go away.



D.



E.

