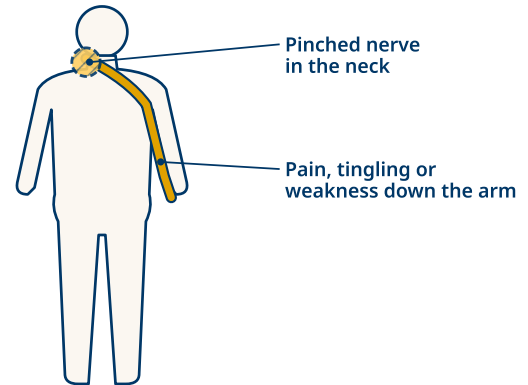


Cervical Radiculopathy

What it is

Cervical radiculopathy is a pinched nerve in the neck. A disc or bone spur can press on a nerve. This can cause pain, tingling or weakness that runs down the arm.



Common symptoms

- Neck pain that spreads into the shoulder or arm
- Tingling or numbness in the arm, hand or fingers
- Weakness in the arm or grip
- Pain that worsens with certain neck positions

Self-care tips

- Keep screens at eye level and take a break every 30 minutes.
- Gentle neck and shoulder stretches may help. Stop if pain gets sharp.
- Heat or ice for 15 to 20 minutes may ease pain. Put a towel between it and your skin.
- Use a pillow that keeps your neck in line with your body.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/cervical-radiculopathy/



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This handout is general information and is not a substitute for medical advice.