

PINCHED CERVICAL NERVE

IDENTIFICATION AND TREATMENT

Treatment

- Local ice
- Gentle range of motion
- Stretch as instructed by athletic trainer
- Refer for evaluation if numbness, paralysis persist



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“Burner or Stinger”

Brachial Plexus

Nerve Root

- Impact to head and shoulder
- Followed by burning and numbness along entire arm, hand, fingers
- Weakness in arm
- Pain in arm
- No deformity
- Possible local trap swelling
- Sensation loss in dermatomes

- Numbness and burning entire hand and fingers
- Sensation loss 2-4 dermatomes
- Complete transient arm paralysis
- Increased symptoms with passive motion to opposite side
- Symptoms do not occur with downward pressure on head

- Numbness and burning to 1-2 dermatomes
- Sensation loss at definable dermatomes
- Partial transient arm paralysis
- No tenderness over brachial plexus
- Increased symptoms with movement to same side
- Symptoms do occur with downward pressure on head