

Cervical Radiculopathy Physical Therapy Exercises

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Seated Cervical Retraction

STEP 1



STEP 2



Setup: Begin sitting in an upright position with your feet flat on the floor.

Movement: Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip: Make sure that you do not look down as you do this exercise, or bend your neck forward.

Standing Median Nerve Glide

STEP 1



STEP 2



Setup: Begin in a standing upright position.

Movement: Curl one arm toward the top of your shoulder, bending at your elbow and wrist. Next, slowly straighten your elbow out to the side of your body. When your elbow is straight, extend your wrist so your fingers are pointed toward the floor. Slowly return to the starting position and repeat.

Tip: Make sure to do the movements smoothly and continuously. Try to keep your back straight during the exercise.

Seated Scapular Retraction

STEP 1



STEP 2



Setup: Begin sitting in an upright position.

Movement: Gently squeeze your shoulder blades together, relax, and then repeat.

Tip: Make sure to maintain good posture during the exercise.

Standing Shoulder Row with Anchored Resistance

STEP 1



STEP 2



Setup: Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement: Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip: Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

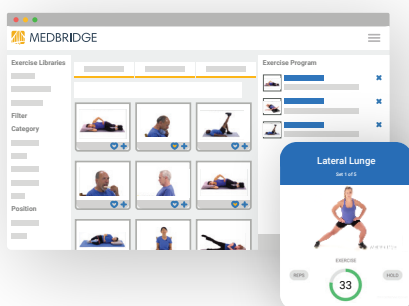
Standing Upper Trapezius Mobilization with Small Ball



Setup: Begin in a standing upright position in front of a wall, holding a small, firm ball. Place the ball between your upper shoulder muscle and the wall.

Movement: Slowly roll your upper back side to side, then up and down on the ball until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip: Make sure to use just enough pressure that you feel a stretch, but no pain.



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