

8 Exercises to Deal with Cervical Radiculopathy

Living with neck pain or discomfort in your arms can be challenging, especially when it stems from a condition known as cervical radiculopathy. This condition occurs when a nerve in your neck is compressed or irritated, leading to pain, numbness, or weakness that can radiate down your arm.

Fortunately, some exercises can help manage this condition, improving your quality of life. In this easy-to-understand guide, we'll explore 8 exercises specifically designed to deal with cervical radiculopathy, aiming to provide relief and prevent further issues.

Cervical radiculopathy can be a result of various factors, including poor posture, repetitive movements, or natural aging processes that lead to changes in the spine. Before diving into the exercises, it's crucial to understand the causes and symptoms associated with this condition. This knowledge will not only help you manage the condition but also prevent its occurrence or recurrence.

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Causes of Cervical Radiculopathy

- [Poor posture](#): Spending long hours in front of a computer or looking down at your phone can strain your neck muscles.
- Repetitive movements: Activities that involve repetitive neck or arm movements can increase the risk.
- Aging: Natural wear and tear of the spine over time can lead to conditions like herniated disks or bone spurs, which can compress nerves.
- Injury: Accidents or sports injuries can cause immediate damage to the neck area, leading to this condition.
- [Heavy lifting](#): Improper lifting of heavy objects can strain the neck, potentially causing nerve compression.

