

G4 Physiotherapy & Fitness



February 2018

Cervical Spine Nerve Injuries

The Cervical Spine (also known as the C-Spine) is the area of the neck from the base of the skull, to the top of the shoulders. This area includes 7 vertebrae, numerous muscles, ligaments and cervical nerves. An irritation of these nerves may cause nerve compression that is commonly known as a 'trapped nerve'.

Causes:

The nerves within the neck may be irritated due to various anatomical reasons. Cervical spine degeneration takes place as part of the ageing process and nerve roots may become compressed as they exit from the spinal cord between the vertebrae. Additionally, sudden trauma may produce acute nerve irritation such as a

whiplash injury or a forceful rugby tackle. Poor posture may put the nerves under prolonged stress and nerve compression may also ultimately be a consequence.

Symptoms & Diagnosis:

Clients with such conditions normally experience pain, upper limb weakness, numbness and loss of neck movement. Pins and needles or tingling may be reported in the arms or hands.

Management:

Early physiotherapy is recommended to ease the symptoms and assist with a full recovery. A skilled Physiotherapist or Sports Rehabilitator will be able to identify the spinal level and the associated nerve involved. An MRI scan or X-ray may be indicated to investigate the problem further.

Neck Strain & Whiplash Injuries

Neck strain normally affects the upper back and neck. These spinal regions are known as the thoracic and cervical spine. The cervical spine exits the base of the skull and travels down to approximately shoulder level. Neck strain refers to a common condition involving the muscles, tendons and ligaments in the upper back and neck region. Whiplash is a common complaint when there is a sudden force or jolt like a road traffic accident or fall.

Causes:

Any action that puts traumatic or prolonged stress on the soft tissues in the region of the cervico-thoracic spine can contribute to neck strain. Collisions, sudden movements, direct impacts from sports such as rugby or martial arts are all common causes of neck strain. Whiplash is most commonly caused by road traffic accidents but can also occur in sports if an athlete's head is violently forced backwards, forwards or laterally.

Symptoms & Diagnosis:

With an acute neck strain, a mild to moderate discomfort that gradually gets worse over the following 12-72 hours may be reported. The discomfort is commonly associated with weakness and stiffness of the neck. Chronic neck strains may produce chronic tension around the neck and shoulders that can be aggravated by prolonged sitting, computer activity and driving. Whiplash symptoms normally produce pain, neck and shoulder stiffness. Other symptoms may include blurred vision, referred arm pain, pins & needles and tinnitus.

Prognosis & Complications:

If left untreated, neck strain and whiplash may cause long term pain, sleep loss and restricted movement in the region of the neck. In extreme cases, whiplash may produce serious underlying injuries such as a neck fracture or severe & chronic nerve irritation.

Management:

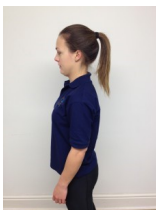
Early physiotherapy intervention is advised to help control symptoms and restore full function at the earliest opportunity. A skilled physiotherapist will assist in reducing the symptoms and preventing the risk of chronic pain and stiffness.



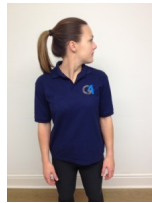
Up and coming Events

- ◆ 3th– Sunflowers Halewood 5k , Liverpool
- ◆ 4th– Heaton Park 5k, 10k & Half Marathon
- ◆ 10th– Run Through Tatton Park 10k
- ◆ 11th– Stockport Trail Half Marathon
- ◆ 18th– Central Lancashire 5k, Bolton
- ◆ 18th– Great North West Half Marathon, Blackpool
- ◆ 24th– Stanley Park 10k, Blackpool, Lancashire

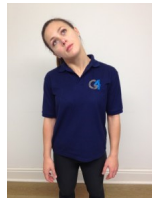
Basic Exercises For Cervical (Neck)Range



Neck Retraction



Neck Rotation



Neck Flexion



Neck Extension

Class Timetables

G4 Flexibility

Thursday AM: 9.30-10.30am

G4 Yoga

Wednesday 9.30am-10.30am

Friday 9.30am-10.30am

Sunday 9.30am-10.30am &
10.30am-11.30am

G4 Pilates

Monday AM: 6.30am – 7.30am

Monday PM: 6pm – 7pm

Tuesday AM: 7am-8am, 10am – 11am

Wednesday PM: 6pm – 7pm, 7pm – 8pm & 8pm – 9pm

Thursday AM: 11am-12pm

Thursday PM: 7pm – 8pm

Saturday AM: 9.30am-10.30am & 10.30am-11.30am

G4 Antenatal Pilates

Thursday PM: 6pm – 7pm

G4 Strength

Tuesday AM: 6.15am-7am

Tuesday PM: 12pm-1pm

Friday PM: 12.15pm-1pm

G4 Circuits

Wednesday AM: 6.15am – 7am

Friday AM: 6.30am-7.30am

Friday PM: 12.15-1pm

G4 Ladies Fitness

Wednesday PM: 12.15pm-1pm