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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

HOME EXERCISE PROGRAM · SHAYNEKELLYORTHODOTCOM

Neck & Low Back Nerve Pain (Radiating Symptoms): Home Exercises

WHEN TO CALL — READ FIRST

Call Dr. Kelly's office at (509) 460-5588 right away if you develop new or worsening weakness in the arm or leg, numbness in the groin or saddle area, or any change in bowel or bladder control — and go to the emergency department if those happen suddenly. For all exercises below: symptoms moving TOWARD the spine (centralizing) is good; symptoms shooting FURTHER down the arm or leg means stop that exercise.

Positioning & Habits Throughout the day

Avoid long stretches of slouched sitting. Change positions every 20-30 minutes. Short, frequent walks are one of the best treatments for nerve-related back pain.

NECK (CERVICAL) — FOR ARM-RADIATING SYMPTOMS



Chin Tucks 10 times, 3-4 times a day

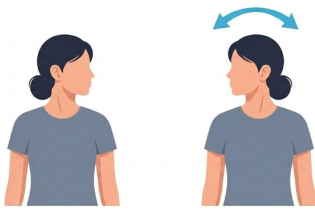
Sitting tall, glide your head straight back to make a 'double chin' while keeping your eyes level — do not tip the head up or down. Hold 3-5 seconds. Relax.



Upper Trapezius Stretch Hold 20-30 seconds, 3 times per side, daily

Sitting on one hand, tilt your ear toward the opposite shoulder until a gentle stretch is felt along the side of the neck. You may add light overpressure with the other hand.





Gentle Neck Rotation 10 times each side, 2-3 times a day

Turn your head as far as feels comfortable to the right, then to the left. Stay in a pain-easing range.



Median Nerve Glide (gentle) 5-10 times, 1-2 times a day

Arm at your side, palm forward. Gently straighten the elbow, wrist, and fingers until a light pull is felt — never pain, never worsening tingling — then release. If symptoms move further down the arm, stop.

LOW BACK (LUMBAR) — FOR LEG-RADIATING SYMPTOMS



Prone Press-Up on Forearms Hold 30 seconds to 2 minutes, several times a day

Lie face down and prop up onto your forearms, letting your hips stay on the floor and your low back settle into a gentle arch. Breathe. If leg symptoms ease or move toward the spine, this is your exercise.



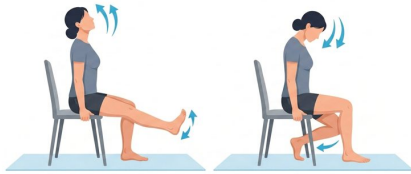
Single Knee to Chest Hold 5-10 seconds, 10 times per side, daily

Lying on your back with both knees bent, gently pull one knee toward your chest. Hold, then switch.



Low Back Rotation Hold 5 seconds, 10 times per side, daily

Lying on your back with both knees bent, gently drop both knees to one side while turning your head the other way. Hold, return, and repeat to the opposite side.



Sciatic Nerve Glide (gentle 'flossing') 10

slow repetitions per leg, 1-2 times a day

Sitting tall at the edge of a chair, straighten one knee while lifting the head to look up; then bend the knee while tucking the chin. A smooth, gentle rhythm — never pushing into pain or worsening leg symptoms.

Walking Several times daily, as tolerated

Frequent short walks at a comfortable pace, building duration as symptoms allow.

Educational information, not medical advice. This is not a substitute for the specific instructions Dr. Kelly and your physical therapist give you. Follow your own care team's directions. In an emergency, call 911.