



Cervicobrachialgia (Cervical Radiculopathy): Physiotherapy Assessment and Exercise Guide (PDF)

This PDF guide is designed to help you better understand neck and arm pain related to cervicobrachialgia and follow a clear, physiotherapy-based rehabilitation approach. Scroll the preview below to see how the guide works and decide if it's right for you.

Cervicobrachialgia (Cervicobrachialgia)

A structured physiotherapy-based rehabilitation guide

Neck and arm pain can be confusing and worrying. This guide helps you understand your symptoms and follow a clear, physiotherapy-based approach.

Simple guided assessment

Questions and simple tests to choose the right approach

Before starting the exercises, the guide asks you through a structured assessment made of **simple physical tests**. These help understand your specific situation and guide the choice of the most appropriate rehabilitation approach.

You will be guided to ask yourself:

- How do your symptoms behave?
- How does your neck, shoulder, and arm respond to movement?
- Which rehabilitation approach is most appropriate for you

Clear photos and video demonstrations show you how to perform each test correctly.

<https://youtube.com/shorts/VBH97Nh35ps>

Raise the affected arm and bring the fingers and wrist toward you. Hold for 5 seconds.

<https://youtube.com/shorts/VBH97Nh35ps>

Choose the right protocol for you

After the assessment, the guide helps you select the most appropriate approach.

Protocol A	Protocol B	Mixed Protocol
Protocol A	Protocol B	Mixed Protocol
Compression-related symptoms	Tension-related symptoms	When both compression and tension features are present.
Focus on decompression strategies.	Focus on neural mobility and tension reduction.	

Specific exercises for cervicobrachialgia

Tailored exercises based on nerve compression or tension

This section includes specific exercises selected according to your assessment results. Exercises are chosen to address nerve compression, nerve tension, or a combination of both, depending on your symptoms.

Focus: improving nerve mobility, reducing irritation, and restoring comfortable movement.

Median Nerve — Controlled Tension

Raise the affected arm, fingers facing up, and with the other hand pull it towards your chest. Hold for 5 seconds.

<https://youtube.com/shorts/t6jRmD2iO7g>

Your recovery journey starts here

The journey back to better neck and arm health starts with following a **structured**, phyiotherapy-based guide tailored for you.

Take control of your **recovery** and begin your personalized rehabilitation today for a better, pain-free tomorrow.

Start your better tomorrow—begin your recovery now!

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