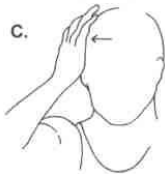
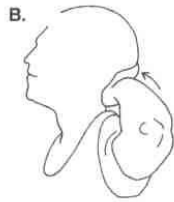
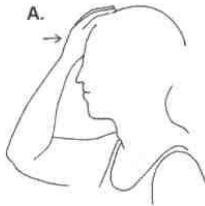


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Brachial Plexus Injury (Stinger/Burner) Rehabilitation Exercises



Cervical isometrics

You can begin these exercises when moving your neck in all directions (up, down, right, left) does not cause numbness or tingling down your arm or into your hand.

1. Cervical isometrics

- A. Neck flexion: Sit tall, eyes straight ahead, and chin level. Place your palm against your forehead and gently push your forehead into your palm. Hold for 5 seconds and release. Repeat 5 times.
- B. Neck extension: Clasp your hands together and place them behind your head. Press the back of your head into your palm. Hold 5 seconds and repeat 5 times.
- C. Neck side bend: Place the palm of your hand at the side of your temple and press your temple into the palm of your hand. Hold 5 seconds, repeat 5 times, and then do it to the other side.

2. Cervical strengthening exercises

- A. Neck curl: Lie on your back with your knees bent and feet flat on the floor. Tuck your chin in and slowly lift your head off the floor. Roll your neck so that your eyes are facing your knees. Slowly return to the starting position and repeat 10 times.



Cervical strengthening exercises

- B. Hands and knees neck extension: Get on your hands and knees on the floor. Let your head hang down so that the top of your head is facing the floor and your eyes are facing your thighs. Lift your head up so that your eyes are now facing straight down into the floor and the top of your head is straight out in front of you. Repeat 10 times.

- 3. Neck side bend: Lie on your right side, right arm held straight over your head, and your head resting on that arm. Lift your head up so that your left ear goes toward your left shoulder. Return to the starting position. Repeat 10 times. Lie on your left side and bring your right ear toward your right shoulder, lifting your head off the floor. Repeat 10 times.



Shoulder shrugs



Neck side bend

- 4. Shoulder shrugs: Stand with your head directly over your shoulders, with your spine straight. Shrug your shoulders up and then relax. Repeat 10 times. Do 3 sets of 10.

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