

Brachial Plexus Injury (Stinger/Burner) Rehabilitation Exercises

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. Do not do any exercises that make your neck pain worse.

- **Isometric 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. Do 3 sets of 5.
- **Isometric neck extension:** Sit tall, eyes straight ahead, and chin level. Clasp your hands together and place them behind your head. Press the back of your head into your palms. Hold 5 seconds and release. Do 3 sets of 5.
- **Isometric neck side bend:** Sit tall, eyes straight ahead, and chin level. 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 and release. Do 3 sets of 5 on each side.
- **Head lift: Neck curl:** Lie on your back with your knees bent and your feet flat on the floor. Tuck your chin and lift your head toward your chest, keeping your shoulders on the floor. Hold for 5 seconds. Repeat 10 times.
- **Head lift: Neck side bend:** Lie on your right side with your right arm lying straight out. Rest your head on your arm, then lift your head slowly toward your left shoulder. Hold for 5 seconds. Repeat 10 times. Switch to your left side and repeat the exercise, lifting your head toward your right shoulder.
- **Neck extension on hands and knees:** Get on your hands and knees and look down at the floor. Keep your back straight and let your head slowly drop toward your chest. Then tuck your chin slightly and lift your head up until your neck is level with your back. Hold this position for 5 seconds. Repeat 10 times.
- **Shoulder shrug:** Stand with your head directly over your shoulders, with your spine straight. Shrug your shoulders up and then relax. Do 3 sets of 10.



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- **Shoulder abduction:** Stand with your arms at your sides. Bring your arms up, out to the side, and toward the ceiling. Hold for 5 seconds. Return to the starting position. Repeat 10 times.

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Isometric neck flexion



Isometric neck extension



Isometric neck side bend



Head lift: Neck curl



Head lift: Neck side bend

