

# Cervical Brachial Syndrome

The Cervical Brachial Plexus are made up of nerves that come out of the neck. After they interconnect to form the cervical & brachial plexuses, they branch off to supply different areas, namely the shoulders, arms, elbows, wrists, hands, and fingers.

## Cervical Brachial Plexus Injury

The most common form of cervical brachial plexus damage is really damage to the nerves that make up the cervical and brachial plexuses as they exit the spinal column through openings between the bones (foramina). If the openings become smaller, the nerves become compressed or impinged (commonly referred to as “pinched” nerves).

## What causes the nerves to get “pinched”?

Many things: Long-standing spinal stress; old injuries, such as childhood falls; sports mishaps or car accidents (especially whiplash, where the head and neck are suddenly “snapped” forward and backward); arthritis; being twisted, pulled or shaken; or even sleeping in an awkward position. Many other stresses and strains of daily living can contribute.

## Results of Cervical Brachial Plexus Injury

Depending on which cervical brachial plexus nerves are damaged, different symptoms and problems may be experienced. Neck pain or neck stiffness may be one of the first signs of brachial plexus damage. In some people, the pain may radiate to the shoulder and down to the arm, wrist, hand or finger. Sometimes, there's extremity pain but not neck pain. Sometimes there's no pain but numbness — a sure sign of nerve damage - and sometimes there's pain in one area where the brachial plexus goes to and numbness in the other. Feeling “pins and needles” of the fingers or other areas can be a sign of brachial plexus problems, while weakness of the involved parts may be another.

## Other Conditions related to Cervical Brachial Plexus

Because of the complicated way nerves interrelate, brachial plexus has been reported to cause such conditions as headache, migraine, facial pain, dizziness, limited, painful or stiff motions in the head and neck, throat conditions, thyroid and nasal problems, and even epilepsy. Lower back pain has been reported to be caused by cervical or neck spinal damage as well.

## The Chiropractic Approach

A popular way to deal with this kind of pain is to mask it with pain relievers or by treating the symptoms with muscle relaxers, massage, and hot packs. The chiropractic approach is to locate the underlying cause. Special attention is given to the structure and function of the spine and the effects on the nervous system. The chiropractor checks for proper spinal curve, opening between the spinal bones are clear and if the head is balanced. Chiropractic adjustments help restore proper motion and position of malfunctioning spinal bones, reducing nervous system involvement. Besides reducing disc bulging, better spinal function helps reduce inflammation and begin the slow process of healing the surrounding tissue.



Wholistic  
**WELLNESS**  
CLINIC, PC

Chiropractic & Acupuncture Clinic ▲ Dr. Terri Cooper  
1500 Center Street NE ▲ Cedar Rapids, IA 52402 ▲ 319.365.1141  
TCoopdc@aol.com ▲ [www.WholisticWellness.com](http://www.WholisticWellness.com) ▲ 319.365.1146 fax