

Neck to shoulder or arm - education & notes

Clinical-source reading and an observation workbook for neck & shoulder.

01 / Recognize the pattern

Arm pain, tingling or numbness can occur with an irritated nerve root in the neck; neck pain may also be present. Cervical nerve roots; symptoms can overlap shoulder, elbow or wrist problems.

02 / Understand the limits

Cervical radiculopathy is a clinical diagnosis. A clinician checks sensation, strength, reflexes and the pattern of symptoms; location alone cannot identify the affected root.

03 / Movement and rehabilitation

After assessment, physiotherapy may use gentle neck movement, shoulder control and progressive strengthening. Use the illustrated NHS guide for the specific movement and range agreed with your clinician.

04 / Review and warning signs

Do not force neck stretches or repeatedly provoke tingling with a self-test. Avoid heavy overhead work that worsens symptoms until your plan is clear. New hand clumsiness, unsteady walking, weakness in more than one limb or bowel/bladder change needs prompt medical assessment; rapid deterioration is an emergency.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://msk-bexley.nhs.uk/conditions/neck-pain/cervical-radiculopathy>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.