Pinched nerve action checklist

Use these steps from the article to manage a pinched nerve and to decide when a doctor is needed.

- [ ] Rest the painful area and avoid the activity that triggers the pain.
- [ ] Apply ice or heat to the sore area.
- [ ] Take an over-the-counter pain reliever only as directed on the package.
- [ ] Change position often and take breaks from repetitive motions.
- [ ] Keep moving gently and avoid long periods of sitting or lying down.
- [ ] See a healthcare provider when symptoms have not improved after a week of home care.
- [ ] Get a medical assessment for arm weakness before any neck adjustment.
- [ ] Give a chiropractor a full health history before treatment.
- [ ] Seek emergency care for loss of bladder or bowel control or numbness in the groin.
- [ ] Seek emergency care for sciatica on both sides or weakness that is getting worse.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-pinched-nerve/