



MOORE HEALTH explains altered neural dynamics

Also known as **nerve root injury, nerve root damage, pinched nerve, nerve root trauma, nerve root pain.**

About Altered Neural Dynamics:

The accurate diagnosis of a nerve root irritation is extremely helpful for getting on the road to recovery as quickly as possible.

Altered neural dynamics can be a significant part of many conditions and is commonly left undiagnosed. If this condition is present and not identified correctly recovery may be significantly delayed. If left undiagnosed, the condition often recurs many times.

There are many conditions where nerve root irritation may be the primary cause. For example:

- Back or neck pain / tightness / tension
- Local or radiating leg or arm pain/burning/pins & needles/numbness
- Headaches
- Muscle tears
- Tendonitis

Finding the underlying cause:

All Moore Health physios are highly skilled at assessing and treating neural dynamics. The aim of the treatment is to quickly restore its free movement and reduce the symptoms. In the vast majority of cases this can be achieved in less than a week, with three to four therapy sessions.

How does this condition present?

Altered neural dynamics is not to be confused with full 'pinching'/compression of the nerve; this is a rare condition resulting in complete loss of muscle function and or loss of feeling in the arms or legs. This requires immediate medical care.

The common cause of this condition:

Altered neural dynamics results in a protective mechanism from altered mechanics secondary to accumulative strain or injury.

How does the brain and body respond?

The nerve is a very sensitive structure and sends signals to the brain to let it know when it's suffering. The brain interprets these signals and then creates a protective response anywhere in the body. Even with good treatment, pain may not initially respond proportionally to the rate of improvement.

What can I do to help my body?

Altered neural dynamics is problematic to deal with because it usually doesn't follow the normal rules of rest to help the condition resolve.

While you are in the process of receiving good treatment and having the nerve irritation released, the best thing you can do in between sessions is **avoid re-aggravation.**

To help avoid Re-aggravation you should;

- Minimise sitting and driving time
-For the times you have to sit ensure you utilise the best possible ergonomic position (no slouching!). Sit in a firm chair (like a dining chair) and avoid sitting on couches.
-For the times you have to drive ensure the seat is as close to the pedals as practical and your elbows are quite bent as you drive.
- Take small steps when walking and do your best to avoid limping.
- Sleep on your back or your side, use a pillow under or between your knees and avoid propping your head up pillows

You should NOT;

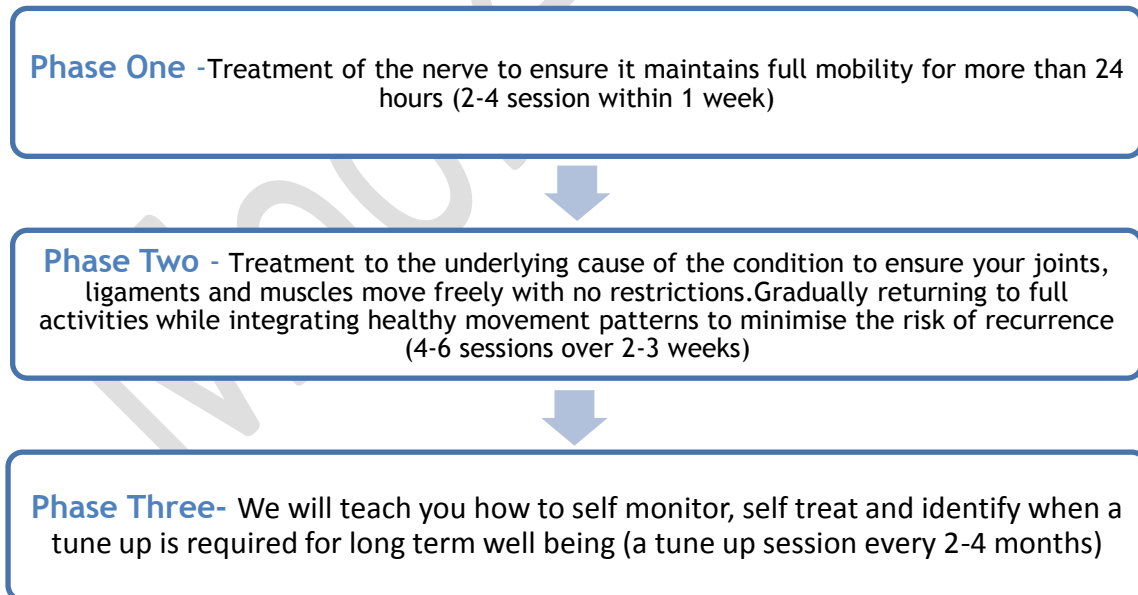
- Exercise - There aren't many conditions where we ask you to avoid/limit exercise, but this is one of them.
- Stretch - Even if it feels good, it only provides temporary relief while actually aggravating the condition
- Put your feet-up while sitting, walk with large strides, reach behind/twist your back

We will guide you, your family/significant others, your trainer and/or coach on how to best help you get back to your usual routine as quickly as possible. We also look forward to showing you exercises and activities that you can do to speed up your recovery, after the nerve root irritation is nearly 100% fixed.

What does good treatment involve?

We work very hard to ensure the fastest possible method of recovery from a nerve root irritation while working towards long term prevention of recurrence of the condition.

This is not a permanent condition and with effective help you can be pain free and fully active after you have gone through the **three phases of recovery**:



Our aim is to get you back to a healthy life, to live better and feel good as soon as possible

Please Note: This condition varies between individuals. Your physiotherapist will provide you with a personal assessment and advice specific to you.