

Neural Tension

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Neural tension is the inability of a nerve to move freely within our body. This tension occurs when our body cannot move normally due to an injury or illness. Additional factors such as bad posture, surgeries, or chemotherapy may also be related to the onset of neural tension.

The resulting adhesions/scar tissue, swelling/edema, or tight joints and muscles interfere with normal movement therefore creating neural tension. Once this occurs, we may feel sensations anywhere along the length of the nerve. These sensations may be described as a sharp pain, achiness, or tingling.

A **WPTI** physical therapist can determine which nerve or combination of nerves may be involved by evaluating your movement patterns, paying particular attention to those movements that recreate these uncomfortable sensations. Unlike other conditions, repeating the movements that created the sensations will actually reduce the symptoms as the neural tension is released.

In addition to mobilizing the nerve with different motions, your therapist can manually work along the path of the nerve to “free” it and improve circulation to the affected area.

In order to maximize the benefits of nerve mobilization, your therapist will recommend home exercises along with specific instructions pertaining to posture and appropriate aerobic exercise to minimize the recurrence of the neural tension.

Schedule an evaluation today with a **WPTI** physical therapist to learn how they can help you with any neural tension issues you may have.