



Neural Tension

IS TENSION GIVING YOU A PAIN IN THE NECK?

Neural tension is often misdiagnosed as muscle tightness. In most cases the muscles are tight in order to protect the neural structures that run through it. Symptoms may vary from headaches, funny feelings in the arms to a deep, dull ache in the hamstring. It may also cause numbness and loss of function in some cases.

Neural tissue is dependent on movement for nutrition, therefore it does not like static positions. A position where it is then also put on stretch will exacerbate the problem e.g. poor posture in front of the computer or cycling.

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The South African
Society of Physiotherapy

EXERCISES

The aim of these exercises is to help mobilise the neural structures in your body and increase nutrition. The actions must be pain free and the positions must not be sustained. Otherwise this may cause an irritation in the nerve tissue which is very uncomfortable.

Exercise	Starting position	Action	Alternatives
Big, happy movements	Any position.	Any big movements that is out of your daily routine.	<ul style="list-style-type: none">• Hip swings• Arms circles• Arms overhead to touching toes
Leg swing	Sit on a table with your legs hanging loose.	Straighten and bend knees alternating both legs through full range.	<ul style="list-style-type: none">• Pull toes up• Slump down in your chest <p>NB! No pain or sustained positions</p>
Arm twist	Straighten your arms in front of you, palms facing outward. Cross arms over each other and link fingers together.	Bend elbows and rotate hands towards your body. Unwind your arms and return to starting position.	

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