



# BATON ROUGE PHYSICAL THERAPY

IN PARTNERSHIP WITH OUR LADY OF THE LAKE

## HOW PHYSICAL THERAPY HELPS TREAT CERVICAL RADICULOPATHY

With so much of the population working from home due to COVID-19, you may be seeing an increased number of patients presenting with neck pain. Luckily, Cervical Radiculopathy can be easily identified in your office and can be treated within 10-12 visits by one of our expert physical therapists.

### Did You Know?



Adults experience neck pain that interferes with their daily activities during their lifetimes.

### Signs & Symptoms

- ▶ Complaints of sharp, burning pain down the arm
- ▶ Numbness
- ▶ Tingling
- ▶ Weakness



### Screening in Your Clinic

You can screen a patient in the office by utilizing the Cervical Radiculopathy Clinical Prediction Rule. Click on each image to view a quick demonstration on each screening test.

(+) Spurling's Test

(+) Distraction Test

Ipsilateral Cervical  
Rotation  
( <60 degrees)

(+) Median Nerve  
Upper Limb  
Tension Test

### How We Help

We offer Multimodal Intervention:

- ▶ Manual Therapy
- ▶ Pain Neuroscience Education (PNE)
- ▶ Intramuscular Manual Therapy (IMT)
- ▶ Individualized Exercise Programs
- ▶ Astym



### Better Outcomes



Among physical therapy practices in the nation for functional outcomes of cervical spine patients according to FOTO.

### Ready to Refer?

For a list of BRPT locations or a copy of our referral sheet, please visit [www.brptlake.com/for-referring-providers](http://www.brptlake.com/for-referring-providers). Have questions? Give us a call at 225.927.9185.

