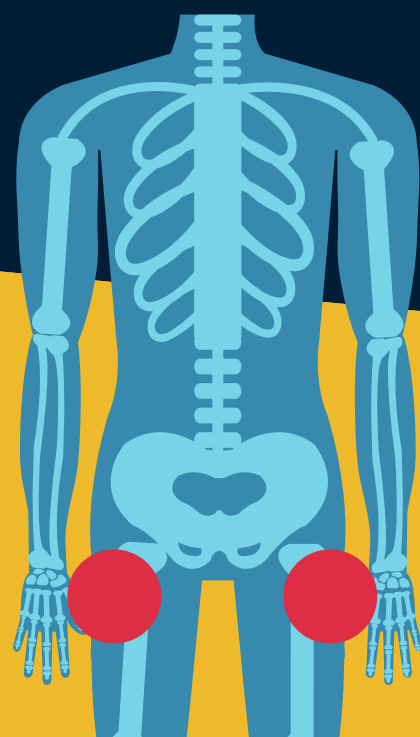


MERALGIA PARESTHETICA



1. What is it?

A collection of symptoms in the anterolateral thigh caused by compression or injury to the lateral femoral cutaneous nerve

2. Core Characteristics

- Burning, stinging or tingling to the anterolateral thigh
- Mostly unilateral
- Palpation of the nerve aggravates symptoms



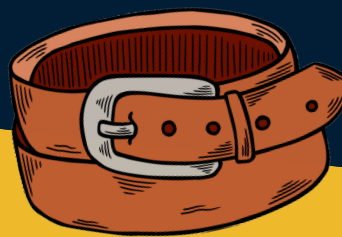
3. Additional characteristics

- Often aggravated by hip extension and upright postures
- May have an area of hair loss due to rubbing the area
- Symptoms usually relieved by hip flexion



4. Causes?

- Mechanical factors: compression from clothing, obesity, pregnancy
- Metabolic factors: alcoholism, diabetes, lead poisoning
- Iatrogenic factors: orthopaedic procedures



5. Management

Conservative management receives great results

- Advice on reducing local compression
- NSAIDs
- Lumbar exercises including femoral nerve glides/floss
- Consider local nerve block if significant/not improving

