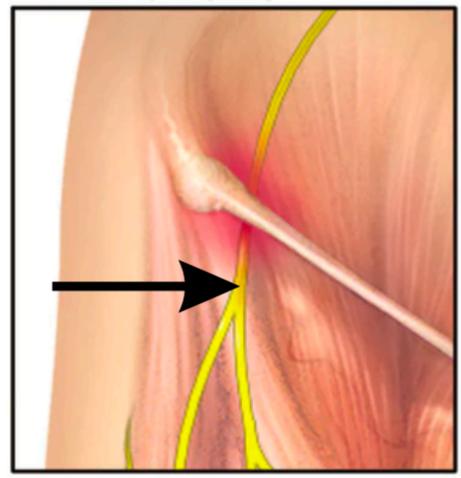


# MERALGIA PARESTHETICA

## What is it?

Meralgia paresthetica, also known as lateral femoral cutaneous nerve entrapment, is a medical condition characterized by tingling, numbness, and burning pain in the outer thigh. It results from the compression of the **lateral femoral cutaneous nerve**, which provides sensation to the skin covering the outer thigh.



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## Symptoms

Symptoms primarily affect the lateral part of the thigh. They often occur on one side of the body and can intensify after standing or walking. The common symptoms include:

- Tingling
- Burning pain
- Numbness
- Increased sensitivity and pain, even to a light touch



## Cause

Compression of lateral femoral cutaneous nerve can result from:

- Tight clothing, such as belts, corsets, and tight pants
- Obesity or weight gain
- Pregnancy, which increases pressure on the groin
- Fluid accumulation in the abdomen
- Nerve injury from conditions like diabetes, trauma following surgery, or seat belt injury after a vehicle accident

## Diagnosis

- Meralgia paresthetica diagnosis involves a medical history, physical examination, and tests like X-rays, CT scans, or MRI to rule out other causes.
- Additional assessments, including electromyography and nerve conduction studies, may be performed to exclude alternative disorders.
- Nerve blockade with anesthetic injection, guided by ultrasound imaging, can confirm the diagnosis by providing pain relief.

## Treatment

Conservative Measures:

- Wearing looser clothing
- Losing excess weight
- Using over-the-counter pain relievers
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Medications:

- Corticosteroid injections for inflammation
- Tricyclic antidepressants for pain relief
- Seizure medications (e.g., gabapentin) to alleviate symptoms

Surgery is rare and reserved for severe, prolonged cases.

