

UNDERSTANDING NERVE INJURIES



PAIN, VEIN & WELLNESS

NERVE PAIN, or neuropathic pain, is pain that originates from a nerve. It can be sharp, shooting, electrical, or radiating, and may be constant or come and go. A **NERVE INJURY** occurs when the normal function of a nerve is disrupted due to various causes, such as cuts or lacerations, crush injuries (like something heavy falling on your foot), concussions, surgery, or amputation. **NERVE DAMAGE** is the outcome of such an injury, and it can lead to a loss of nerve function, potentially affecting mobility, reducing sensation, or causing pain.

STATS AND FACTS

Many patients with nerve injuries consult multiple providers before being evaluated for nerve surgery. In one study, **42%** of patients saw between 4 to 6 specialists, **17%** saw 7 to 10 specialists, and **5%** saw 16 to 20 specialists.

Among those with nerve injuries, **34%** were told their injury would heal on its own, **69%** were informed that no treatment could help their nerve issue, and **83%** felt that an earlier referral to a specialist would have improved their outcomes and quality of life.

For **90%** of patients, previous treatments or interventions did not resolve the problem. Additionally, **25%** of patients lost more than a year of work or school due to their nerve injury.

*Data based on various studies.

OPTIONS FOR THE TREATMENT:

- Medications, such as aspirin or ibuprofen, or medications use to relieve nerve pain.
- Physical therapy.
- Braces or splints.
- Corticosteroid injections.
- Nerve repair.
- Peripheral nerve stimulators.
- Spinal cord stimulators.
- Peripheral nerve surgery, including nerve grafting (relocation), targeted muscle reinnervation, and regenerative peripheral nerve interfaces, can repair damaged nerves and address chronic pain.
- Nerve capping (which reduces neuromas), nerve connecting (which supports nerve regeneration), and nerve protecting (which safeguards injured nerves).

QUESTIONS TO ASK YOUR PROVIDER:

- How can I determine if my chronic pain is related to nerve damage?
- I was told years ago that there were no treatments for my nerve pain. Are there any new advances or options available now?
- How do I manage emergency care while also addressing a nerve injury that may result?
- I didn't experience a major laceration, but something heavy fell on my foot or hand, and now I'm feeling tingling and pain. Could this be a nerve injury?
- If medication or physical therapy isn't helping my nerve pain, what are the next treatment options?
- Are there specialists who can help me with this? Would it be beneficial for me to consult a peripheral nerve surgeon or specialist?

For more information visit us at www.mvmhealth.com or give us a call at 570-445-2200