

NERVE PAIN, or neuropathic pain, refers to pain generated from a nerve. It can be sharp, shooting, electrical, radiating, and constant or intermittent. A **NERVE INJURY** is any disruption of nerve conduction caused by a variety of mechanisms, including a cut or laceration, crush injury (such as something falling on your foot), concussion, surgery, or amputation. **NERVE DAMAGE** is the result of a nerve injury; loss of nerve function can affect mobility, reduce sensation, or cause pain.

STATS AND FACTS*

- People sometimes see as many as **20 PROVIDERS** or specialists before being evaluated for nerve surgery. In one study, 42% of patients saw 4-6 specialists; 17% saw 7-10 specialists; and 5% saw 16-20 specialists.
- Among patients with nerve injuries, **34%** were told their nerve injury would heal itself; **69%** were told there was no treatment that would help their nerve problem; and **83%** felt that an earlier referral to a specialist would have improved their outcomes and quality of life.
- Previous interventions prior to nerve surgery did not solve the problem for **90%** of patients.
- **25%** of patients lost **MORE THAN A YEAR** of time from work or school because of a nerve injury.

*Based on various studies

TREATMENT OPTIONS

- 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 relocation nerve grafting, targeted muscle reinnervation, and regenerative peripheral nerve interfaces) can rebuild injured nerves and treat chronic pain
- Nerve capping (reduces neuromas), nerve connecting (helps nerve regeneration), or nerve protecting (protects injured nerve)

QUESTIONS TO ASK YOUR PROVIDER

- How do I know if my chronic pain is caused by nerve damage?
- I was told years ago there wasn't any type of treatment that could help my nerve pain. Are there newer advances I can consider today?
- How do I balance immediate care from an emergency with care of a resultant nerve injury?
- I didn't have a major laceration, but something heavy fell on my foot or hand a while back and now I'm noticing tingling and pain. Could this be a nerve injury?
- If medication or physical therapy aren't helping my nerve pain, what's the next step?
- Are there any specialists who can help me with this? Would it be helpful for me to sit down with a peripheral nerve surgeon or specialist?