

Meralgia Paresthetica

Did you know?

The nerve which supplies the outside of the thigh is known as the lateral femoral cutaneous nerve (LFC).

This is a pure sensory nerve that gives sensation to the area, but does not plug into any of the muscles, so no muscle loss or weakness occurs.

The nerve passes below the crest of your hip bone under the inguinal ligament where it can be compressed, resulting in the listed symptoms.

Risk Factors

- Obesity—increased pressure on nerve
- Diabetes
- Wearing tight belts and clothing. For example police officers and construction workers wearing utility belts which puts pressure on the ligament and nerve
- Trauma
- Pregnancy

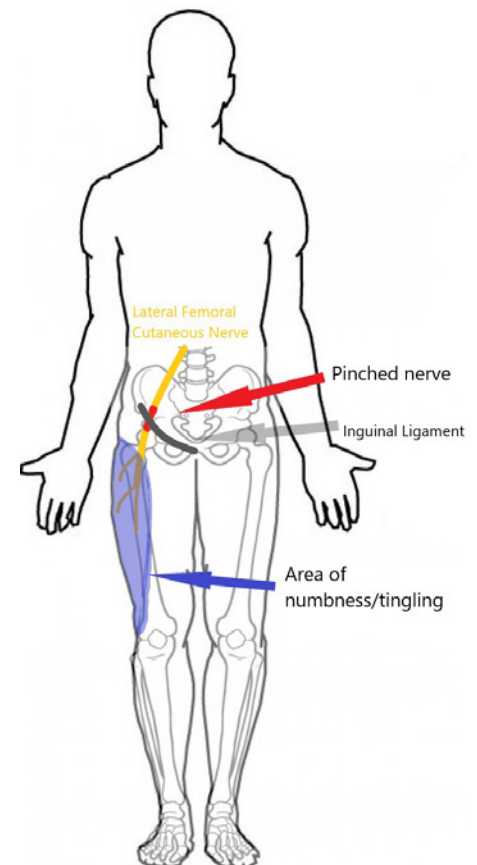
Signs and Symptoms

- Numbness, tingling, and/or burning pain to the outer thigh.
- Increased sensitivity to touch to the outer thigh.
- “Crawling” sensation on the skin of the outer thigh.
- Worsening symptoms with standing or walking.
- Symptom onset after weight gain is common.
- The inner thigh, behind the thigh, and lower leg are unaffected.

No muscle loss or weakness.

Treatment

- Wear loose-fitting clothing.
- Avoid heavy tool or utility belts.
- Healthy weight loss.
- Management and control of underlying health conditions such as diabetes.
- Pregnant women often recover sensation after delivery.
- Medication to manage neuropathic pain.
- Rarely, surgery to release pressure on the nerve.





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with patients
and families

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