

Who are we and what do we do?

We are a group of physicians from multiple specialties including: Neurosurgeons, Orthopedic surgeons, Plastic surgeons, Podiatrists, and General surgeons who have advanced training in the diagnosis and treatment of Peripheral Nerve problems of the upper and lower extremity.

Why do we exist?

There are many patients who have nerve injuries or entrapments that can be helped by simple decompressions or neurectomies performed outpatient. Many of these patients are on chronic medications with unknown long term side effects or are being treated with epidural blocks or spinal cord stimulators without achieving adequate pain relief.

When to refer to an AENS surgeon and how to do it?

- You should refer a patient if the diagnosis of nerve damage or entrapment is unclear or a diagnosis of “idiopathic neuropathy” was made.
- EMG/NCV studies may not be reliable in Nerve Entrapment syndromes of the lower extremity so if negative, the patient may still be suffering from an entrapment syndrome.
- If patient has been under the care of a Pain Specialist or Neurologist and not improving after several months.
- Before undergoing placement of a spinal cord stimulator.

The www.aens.us website has links to all members of AENS and their respective specialties.

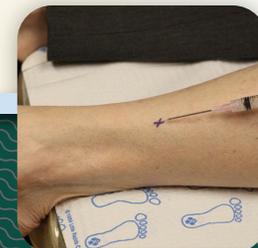


The human nervous system consists of four parts: brain, spinal cord, autonomic nervous system and peripheral nerves. Chronic pain in the extremities can be a result of traumatic injury to a nerve, nerve entrapment syndrome, or complications resulting from a systemic condition like diabetes.

To locate a specialty trained extremity nerve surgeon visit www.aens.us under "Find a Doctor." Additional resources are also available at www.aens.us.

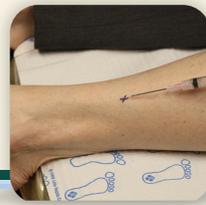


Association of Extremity Nerve Surgeons



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Nerve injuries

- Auto accidents
- Prior surgeries
- Chronic pain of undiagnosed origin
- Work-related
- CRPS

Nerve entrapment syndromes

- Tarsal Tunnel
- Common Peroneal Nerve
- Tibial Nerve
- Anterior Tarsal Tunnel
- Superficial
- Carpal Tunnel Syndrome
- Cubital Tunnel Syndrome

What is a peripheral nerve surgeon?

This is a specially trained physician who has completed advanced training in the diagnosis and treatment of nerve problems of the lower or upper extremity depending on their specialty. There is very little exposure to peripheral nerve surgery in medical school or even most residency training programs. Peripheral nerve physicians are trained to identify and treat nerve generated pain as it relates to extremities. Often times this involves treating patients who have been told nothing can be done for them or they are on chronic pain medication.

Neuropathy vs. peripheral nerve problem

Neuropathy is a very general term used to describe problems with the nerves. Peripheral Neuropathy of the extremities may be caused by an entrapment or compression of nerves. Compression injuries may occur during trauma or during some surgical procedures. Many times Peripheral Neuropathy is diagnosed without a cause and may be referred to as *idiopathic neuropathy*. Commonly, there is a mechanical entrapment of the nerve which can be treated and relieved by simple outpatient decompression surgery.

What are symptoms of peripheral nerve entrapment?

- Burning pain
- Numbness or tingling
- Often feels like a lack of circulation
- Worse with activity
- Pain may be present all of the time, often worse at night
- Pain that affects the quality of your life

When should you see a physician member of AENS for a consultation?

- If you have the symptoms previously described and have not had relief in 3 months or the pain is worsening.
- If you have been told you have Neuropathy and nothing can be done.
- If you are being treated by a pain clinic or Neurologist and are not getting better or have been diagnosed with *idiopathic neuropathy*.
- You experience an injury that remains painful after 6 or more weeks.
- You have been treated for Plantar Fasciitis for 6 months and you are not getting better.

Your primary care physician or pain specialists may not be aware that there are specialized physicians who diagnose and treat Peripheral Nerve problems.

Ask for a referral, or have your primary care physician contact your local AENS Surgeon or visit www.aens.us.

