

Nerve entrapment, also known as nerve compression or nerve impingement, occurs when a nerve is compressed or trapped by surrounding structures, such as bones, muscles, ligaments, or tendons. This can result in pain, numbness, tingling, weakness, or other symptoms along the pathway of the affected nerve.

Some common examples of nerve entrapment conditions include:

Carpal Tunnel Syndrome: Compression of the median nerve at the wrist, causing symptoms such as hand numbness, tingling, pain, and weakness.

Cubital Tunnel Syndrome: Compression of the ulnar nerve at the elbow, resulting in symptoms like tingling, numbness, and weakness in the ring and little fingers.

Tarsal Tunnel Syndrome: Compression of the tibial nerve at the ankle, leading to symptoms such as foot pain, tingling, numbness, or weakness.

Meralgia Paresthetica: Compression of the lateral femoral cutaneous nerve in the thigh, causing symptoms like burning pain, tingling, or numbness in the outer thigh.

Thoracic Outlet Syndrome: Compression of nerves or blood vessels in the space between the collarbone and the first rib, resulting in symptoms such as pain, tingling, and weakness in the neck, shoulder, arm, or hand.

Radial Tunnel Syndrome: Compression of the radial nerve in the forearm, leading to symptoms like pain, weakness, or aching in the forearm or back of the hand.

Nerve entrapment can occur due to various factors, including repetitive movements, trauma, anatomical abnormalities, inflammation, tumors, or certain medical conditions. Treatment options for nerve entrapment may include conservative measures such as rest, immobilization, physical therapy, pain management, and anti-inflammatory medications. In some cases, surgical intervention may be necessary to relieve the entrapment and alleviate symptoms.

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