

Neuropraxia is a type of nerve injury that involves temporary damage to a nerve, typically due to compression, stretching, or trauma. It is the mildest form of nerve injury in the spectrum, often classified as a **Class 1 injury** according to Seddon's classification of nerve injuries.

In neuropraxia, the nerve fibers remain intact, but their function is temporarily disrupted. This leads to a **reversible loss of function** below the site of injury. The injury is usually not associated with permanent damage to the nerve fibers, and recovery is generally complete over time, typically within days to weeks.

Symptoms of Neuropraxia: - **Weakness** or loss of muscle control in the area supplied by the affected nerve - **Numbness** or tingling sensation - **Pain** in the affected area, though it is usually less severe than with more severe nerve injuries - **Loss of reflexes** in the area supplied by the nerve

Causes of Neuropraxia: - Compression or pressure on a nerve (e.g., from prolonged positioning during surgery) - Stretching or pulling of a nerve (e.g., in sports or trauma) - Blunt trauma or direct impact to a nerve (e.g., a blow or injury)

Treatment: - **Rest** and **activity modification** to avoid further stress on the nerve - **Physical therapy** to improve strength and function - **Medications** like anti-inflammatory drugs or pain relievers for symptom management

Recovery from neuropraxia is usually complete with conservative management, but the timeframe for healing can vary based on the severity of the injury and the location of the affected nerve.

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Last update: **2024/12/31 08:01**

