



# FOOT NOTES

From the office of Carlisle Foot & Ankle Specialists



## Peripheral Neuropathy Pain

Do you have a patient or know someone who can't sleep at night because of burning pain in their feet or lower extremities? The pain is likely stemming from a peripheral neuropathy (PN). Although we most commonly associate peripheral neuropathy with Diabetes, PN may also be caused by metabolic processes, chemotherapy, alcohol abuse and other causes. Up to 30% of cases have no definite, identifiable etiology. Traditional treatments such as medications (Neurontin, Elavil, Lyrica, Cymbalta) help symptoms only.

Testing such as Epidermal Nerve Density Biopsies are used to quantitatively measure the amount of nerve fibers/square millimeter as a baseline and identify small fiber disease. Our evidence based treatments include injection therapy, vitamin supplementation, Rx meds (ie. Metanx) and in some cases neurolysis procedures as popularized by John Hopkins physician, Dr. Lee Dellon— [www.Dellon.com](http://www.Dellon.com).

Our treatments are based on etiology, symptoms and response to conservative care. Our doctors have trained with Dr. Dellon and have personally performed over 1500 nerve releases in patients with painful peripheral neuropathy over the past 11 years. Nerve pain is a large part of our practice and we are proud to be members of the Association of Extremity Nerve Surgeons.



For more information or to refer your painful peripheral neuropathy patient for an appointment feel free to contact our office:

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