

# Understanding Femoral Neuropathy



Femoral neuropathy refers to a pinched or compressed femoral nerve or other damage to this nerve. The femoral nerve runs from the pelvis down the leg. Pressure on this nerve can cause pain, tingling, numbness, or weakness in the leg.

## Causes of femoral neuropathy

Femoral neuropathy can develop from any inflammation or injury in the pelvis, abdomen, knee, or hip. It can also occur with pregnancy, obesity, or diabetes. . Bleeding in the abdomen or pelvis can also lead to this condition.

## Symptoms of femoral neuropathy

Femoral neuropathy causes a loss of sensation in the thigh.

Pain spreads through the outer thigh and mid-calf. Pain may be described as:

- Numbness
- Tingling
- Stinging
- Burning

It may also cause muscle weakness, trouble walking, and loss of coordination.

## Treatment for femoral neuropathy

In some cases, femoral neuropathy resolves without treatment. Treating underlying conditions, such as diabetes, may resolve the neuropathy. Other treatments include:

- Physical therapy
- Avoiding certain movements of the hip and knee
- Knee bracing
- Pain medicines, if needed
- Medicines that block the pain (nerve block)
- Corticosteroids or other immunotherapies to reduce inflammation
- Surgery if other treatments have not helped

## Possible complications

Complications may include:

- Permanent nerve damage
- Injury to the leg or foot that you are unable to sense

- Wasting muscle

## **When to call your healthcare provider**

Call your healthcare provider right away if you have any of these:

- Fever of 100.4°F (38°C) or higher, or as directed by your healthcare provider
- Pain that gets worse
- Numbness or weakness that doesn't get better, or gets worse
- Trouble walking
- Redness, swelling, cracking, or ulcer on any numb area, especially the feet
- New symptoms

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