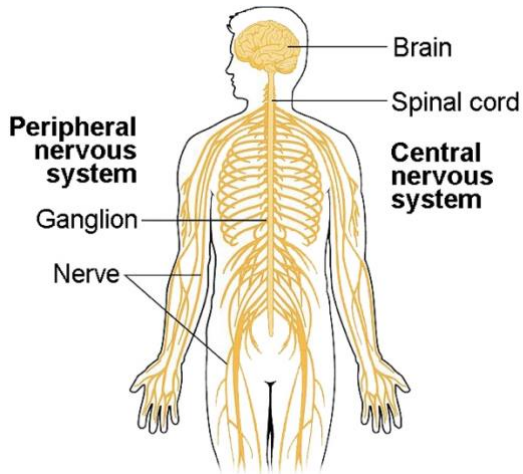




Nerve Injury Treatments



Background:

In the body there are two main types of nerves, central and peripheral.

- The central nervous system involves the brain and spinal cord, and these nerves control all of your body's functions.
- The peripheral nerves are outside of the brain and spinal cord.
 - These nerves provide motor and sensory input throughout your body.
- Injury to these nerves can cause pain, numbness, tingling, weakness, or even paralysis.

- These symptoms will often radiate in a predictable pattern on your body, cluing the physician into what nerve(s) may be involved.

Do peripheral nerve injuries heal?

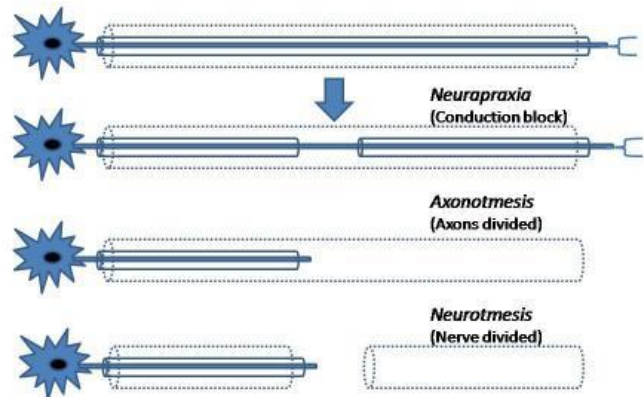
There are different types of injuries to a peripheral nerve that can dictate its ability to heal itself:

- Neurapraxia – transient functional loss of the nerve
- Axonotmesis – disruption of the axons and myelin sheath surrounding the nerve
- Neurotmesis – complete severance of the nerve with functional loss

Neurapraxia will tend to heal itself within days to

weeks. Axonotmesis will heal within weeks to months (or sometimes will not heal). Neurotmesis will typically not heal unless surgical correction is performed.

Grades of Nerve Injury (Seddon 1942)



What can I to treat a nerve injury?

Nerve injuries are often initially treated with rest, bracing, NSAIDs, and sometimes prescription nerve medications. Physical therapy and/or a home exercise program are imperative to getting the nerve mobilized.



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Sciatic nerve
(damaged)

Knee
weakened

Are there treatments that can fix this condition faster?

Absolutely! Depending on the degree of your nerve injury Dr. Clearfield can perform various procedures to help this: [Osteopathic Manipulative Treatment \(OMT\)](#), [nerve block](#) (often with a corticosteroid), [nerve hydrodissection](#) (can be done with or without a corticosteroid), [neural therapy](#), and nerve [platelet releasate](#). These treatments have been shown to reduce, if not eliminate, the pain, dysfunction, and weakness that can be caused by a nerve injury. Talk to our staff to learn more about any of these procedures!

What should I expect after the procedure?

You may feel pain relief and numbness immediately following the procedure which indicates the procedure has reached the area of irritation. Most patients are able to return to work/activity the day of the procedure. It is recommended you take it easy for the next two days after the procedure to avoid aggravating the injury (it is ok to do your routine, don't add in anything additional). The pain may return shortly after the numbing medication wears off until the steroid or nerve hydrodissection solution takes effect (often 1-2 days).



Osteopathic Manipulative Treatment (OMT) for carpal tunnel syndrome



Ultrasound Guided Platelet Releasate to treat Tarsal Tunnel Syndrome

How long should I expect pain relief?

The duration of pain relief varies from patient to patient depending on the amount of injury to the nerve. If your pain is caused by injuries to more than one area, it is possible that only some of your symptoms will be helped by a single procedure. The goal is to obtain 100% relief of your pain and regain full function. If the offending activities that led to the development of this can be avoided or modified, then the hope is to have indefinite relief from this burdensome condition!

How can I get scheduled for a consultation?

If you are experiencing an acute or chronic nerve injury, then you can get scheduled to see Dr. Clearfield at [Motion is Medicine](#). You can either schedule by going to our [website](#) or calling us at 817-900-3539. If needed, Dr. Clearfield can also perform [diagnostic neurosonography](#) during your consultation to better characterize your nerve injury!