

## Who are we and what do we do?

A group of physicians from multiple specialties including: Neurosurgeons, Orthopedic surgeons, Plastic surgeons, Podiatrists, and General surgeons who have had advanced training in the diagnosis and treatment of Peripheral Nerve problems of the upper and lower extremity.

## Why do we exist?

We found there was a large black hole of patients who fell into this chronic pain vortex and they needed help other than the traditional Pain Clinic methods. There are many patients who have nerve injuries or entrapments that can be helped by simple decompressions or neurectomies performed outpatient. Many of these patients are on chronic medications with unknown long term side effects or being treated with epidural blocks or spinal cord stimulates without achieving adequate pain relief at great expense.

## When to refer to an AENS surgeon and how to do it?

- You should refer a patient if the diagnosis of nerve damage or entrapment is unclear or a diagnosis of idiopathic neuropathy was made
- EMG/NCV studies are not reliable in Nerve Entrapment syndromes of the lower extremity so if negative it does not mean they do not have a nerve problem.
- If patient has been under the care of a Pain Specialist or Neurologist and not improving after several months.
- Before undergoing any spinal cord stimulators.

The [www.aens.us](http://www.aens.us) website has links to all members of AENS and their respective specialties.

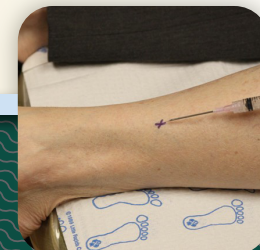


The human nervous system consists of four parts: brain, spinal cord, autonomic nervous system and peripheral nerves. Extremity peripheral nerve diagnosis can be a result of injuries, entrapments, chronic pain, diabetic complications or tumors.

To locate a specialty trained extremity nerve surgeon visit [www.aens.us](http://www.aens.us) under "Find a Doctor." Additional resources are also available at [www.aens.us](http://www.aens.us).

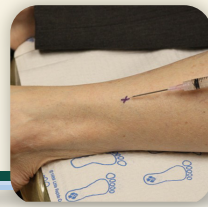


## Association of Extremity Nerve Surgeons



Association of Extremity Nerve Surgeons  
[info@aens.us](mailto:info@aens.us), [www.aens.us](http://www.aens.us)

Association of Extremity Nerve Surgeons  
[info@aens.us](mailto:info@aens.us), [www.aens.us](http://www.aens.us)



## Nerve injuries

- Auto accidents
- Prior surgeries
- Chronic pain of undiagnosed origin
- Work-related
- CRPS

## Nerve entrapment syndromes

- Tarsal Tunnel
- Common Peroneal Nerve
- Tibial Nerve
- Anterior Tarsal Tunnel
- Superficial

## What is a peripheral nerve surgeon?

This is a specially trained physician who has completed advanced training in the diagnosis and treatment of nerve problems of the lower or upper extremity depending on specialty. There is very little exposure to this type of diagnosis and treatment in medical school or even most residencies. Peripheral nerve physicians are trained to identify and treat any variety of nerve generated pain as it relates to extremities. Often times this involves treating patients who have been told nothing can be done for them or they are on chronic pain medication.

## Neuropathy vs. peripheral nerve problem

Neuropathy is a very general term used to describe any problems with the nerves. Peripheral Neuropathy of the extremities is usually caused by an entrapment or compression of nerves. This can be caused by injuries from trauma as well as during some surgical procedures. Many times Peripheral Neuropathy is diagnosed without a cause and is referred to as idiopathic. Usually when this happens there is a mechanical entrapment of a nerve which often times can be treated and relieved by simple outpatient decompression surgery.

## What are symptoms of peripheral nerve entrapment?

- Burning pain
- Numbness or tingling
- Often feels like a lack of circulation
- Worse with activity
- Pain is present all of the time often, worse at night
- Pain that affects the quality of your life

## When should you see a physician member of AENS for a consultation?

- If you have the symptoms previously described and have not had relief in 3 months or they are getting worse.
- If you have been told you have Neuropathy and nothing can be done.
- If you are being treated by a pain clinic or Neurologist and are not getting better or have been diagnosed with Idiopathic neuropathy.
- You experience an injury that after a 6 or more weeks is still very painful.
- You have been diagnosed with Plantar Fasciitis and been treated for 6 months and you are not getting better.

Sometimes your primary care physician or pain specialists may not be aware that there are specialized physicians who can diagnose and treat Peripheral Nerve problems, as this is relatively new area of expertise.

Ask for a referral, or have your primary care physician contact your local AENS Surgeon or visit [www.aens.us](http://www.aens.us).

