

# *Dr. Michael H. Wynn*

*Cosmetic Foot Surgeon*

## **Peripheral Neuropathy**

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Millions of people every year suffer from nerve pain in their feet. Diagnosis of your specific type of nerve pain is paramount to becoming pain free. The foot pain you are experiencing may be caused by inflamed, swollen, impinged, or damaged nerves.

Peripheral neuropathy is the result of nerve damage from various causes including diabetes, Hansen's disease, alcoholism, medications, heavy metal poisoning, or chemotherapy. Toxins cause the nerves to become swollen and damaged, causing abnormal sensation. Peripheral neuropathy most commonly affects the feet and hands. The nerves become damaged, cause burning, tingling, and numbness.

Nerves may also become entrapped beneath ligaments in the foot, ankle and leg. Causing pressure on the nerves resulting in pain and numbness similar to peripheral neuropathy, which includes shooting pain down the foot or up the leg. A. Lee Dellon MD, a plastic surgeon at Johns Hopkins University, pioneered methods to selectively release nerves at the site of entrapment and relieving pain. The release of nerves in this fashion is often called the "Dellon procedure".

Nerve pain located in the forefoot or toes is frequently the cause of an entrapped and swollen nerve near the base of the toes called a "Morton's Neuroma". Excision of nerves has historically been performed with larger open incisions. Technological advancements, now allow us to perform nerve releases endoscopically with minimal incisions and little trauma to surrounding tissues.

Pain that encompasses the heel, arch, or the entire bottom of the foot may be caused by entrapment of a large nerve that courses behind the inside of the ankle. Other symptoms may include burning pain, and electrical shocks going down the foot or up the leg. Large open incisions have been used to release the ligaments and surrounding tissue to relieve the nerve pain. New techniques utilizing cameras allow us to relieve your pain with minimal incisions.

These advance procedures include endoscopic tarsal tunnel release, and the EDIN procedure (endoscopic decompression of intermetatarsal nerve).

Dr. Michael Wynn received advanced training in lower extremity nerve surgery by the "Association of Extremity Nerve Surgeons"/ Dr. Dellon's associates and the Mayo Clinic.

Dr. Wynn is available for consultation and testing to help relieve your pain.