

Basic Work-Up

- Labs:

- fasting glucose
- vitamin B12 level
- SPEP
- TSH
- RPR

- Nerve conduction study especially helpful if:

- significant weakness
- rapid worsening
- cause unknown

Treatment

Basics

- foot care for all patients
- physical therapy as needed
- pain relief as needed

Nonpharmacologic pain treatments

- biofeedback
- cognitive-behavioral therapy
- TENS unit

Topical pain treatments

- capsaicin cream
- lidocaine patches

Medications

- venlafaxine _____ (\$\$\$\$)
- duloxetine _____ (\$\$\$\$)
- gabapentin _____ (\$\$\$\$)
- pregabalin _____ (\$\$\$\$\$)



Avoid: Amitriptyline



Caution: Opiates



Remember, start low and go slow, but get there!



Peripheral Neuropathy

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Version 1.0

History

1. Are you having pain, numbness, or loss of feeling?
2. What parts of your body are affected?
3. Have you had any weakness?
4. How long have the symptoms been present?
5. Do you have difficulty walking or maintaining your balance?

Focused Exam

Strength

Upper Extremity

- finger flexion
- finger abduction
- flexion and extension at the elbows
- abduction at the shoulders

Lower Extremity

- toe extension
- flexion and extension at the knee
- flexion at the hip

Sensation

- pinprick, checking distal to proximal sensation
- vibration at the great toes (≥ 8 seconds) and thumbs (≥ 16 seconds)

Reflexes

Upper Extremity

- biceps
- triceps
- brachioradialis

Lower Extremity

- knees
- ankles (may be absent even in healthy elderly patients)