

## ***LEG PAIN***

Leg pain is a symptom that has potentially many explanations. Leg pain can be a sign of some type of muscle or bone problem, such as arthritis in the knee or hip. Leg pain can also be the result of some nerve compression, such as sciatica, where the nerve roots leading to the lower leg can be irritated by chemicals released from a disk between the lumbar vertebrae in the lower spine or from direct compression from a herniated disk itself. Leg pain which begins after walking a certain distance and subsides with a brief rest, is frequently called claudication and is a result of narrowing or obstruction of arteries in the leg, which are involved in carrying blood down to the muscles, bones and skin. This is also referred to as PAD (peripheral arterial disease). Treatment of PAD is entirely different than treatment for venous insufficiency. Leg pain from venous insufficiency or venous reflux is usually accompanied by dilating varicose veins and other evidence of high pressure in the venous system resulting in swelling, edema, skin change, dermatitis or open ulceration near the ankle.

It is important to differentiate between all of these potential problems so that one may offer the best chance for relief of this particular symptom.

©Copywrited materials by Premier Surgical of Wisconsin, SC and The Wisconsin Vein Center to be used for our patient education. Any unauthorized use of this material or content is otherwise strictly prohibited and protected by copy write.