CONSERVATIVE TREATMENT OF A 17-YEAR-OLD FEMALE WITH SAPHENOUS NEURITIS

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No funding

Written consent was obtained from the patient and a caregiver in order to write this case report.

BACKGROUND AND PURPOSE: Saphenous neuritis is a rare diagnosis caused by compression of the saphenous nerve typically at the adductor canal. Symptoms can include pain and numbness in the anterior-medial knee and lower leg that is made worse with weight bearing activities. The purpose of this case report is to describe the physical therapy evaluation and treatment of a patient with saphenous neuritis.

CASE DESCRIPTION: The patient is a 17-year-old female with a history of chronic right knee pain and a recent diagnosis of saphenous neuritis. Her symptoms began four years earlier when she sustained a minor injury to her anterior-medial thigh and her symptoms continued to worsen. Her symptoms of pain and numbness became worse with weight bearing activities and impacted her daily activities at school and work. During the initial examination, patient demonstrated a positive femoral nerve tension test and straight leg raise on the right lower extremity. Palpation of the medial thigh in the region of the adductor tubercle caused a shooting paresthesia down the patient's medial lower leg. Treatment consisted of progressive lumbo-pelvic stabilization exercises as well as passive and active nerve gliding techniques.

OUTCOMES: The patient became nearly symptom free following four treatment sessions and a home exercise program over a span of five weeks. The patient's Lower Extremity Functional Scale score increased from 45/80 on the initial visit to 78/80 on the final visit. She also reported being able to stand for several hours at work without an increase in pain or numbness.

CONCLUSIONS: An example of a conservative plan of care through physical therapy is described for the treatment of a patient with saphenous neuritis. Clinicians should be able to recognize the symptoms of saphenous neuritis, provide a diagnosis based on examination findings, and treat these patients effectively.