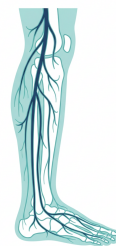


PATIENT EDUCATION · COMMON FOOT & ANKLE CONDITIONS

Neuropathy Foot Pain

Peripheral neuropathy is damage to the nerves of the feet and legs, most commonly from diabetes, though many other causes exist. It can cause burning, tingling, electric or shooting pain, numbness, or the feeling of walking on cotton. Numbness is particularly dangerous because injuries can go unnoticed. Neuropathy care has two goals: protecting feet that can't fully feel, and treating the uncomfortable symptoms — which today includes advanced options like peripheral nerve stimulation for select patients.



For educational illustration only.

At a Glance

Focus area	Common Foot & Ankle Conditions
Goal of care	Peripheral neuropathy is damage to the nerves of the feet and legs, most commonly from diabetes, though many other causes exist.
Where it's provided	In our office or a surgical center, based on your evaluation and what is clinically appropriate.
Your next step	A consultation with Dr. Stephen Wigley IV to review your symptoms and options.

Who May Benefit

- Anyone with burning, tingling, numbness, or shooting pain in the feet
- Patients with diabetes and changing sensation
- Those whose neuropathy pain disturbs sleep or limits activity

When to Seek Care

- Burning, tingling, or numbness in the feet
- Night pain that interferes with sleep
- Balance problems or frequent stumbles
- Any wound on a numb foot (urgent)

How We Evaluate

- Neuropathy screening and sensation testing
- Assessment of circulation and skin integrity
- Review of underlying causes with your medical team

Treatment Options

- Protective foot care, education, and appropriate footwear
- Topical and oral medication strategies for nerve pain
- Coordination with your physician on underlying causes
- Peripheral nerve stimulation and neuromodulation for select patients with persistent pain

What to Expect

1

A clear picture of your sensation and risk level

2

Symptom-relief options matched to severity

3

Protective strategies that prevent silent injuries

Common Questions

Can neuropathy be reversed?

Nerve damage is often permanent, but symptoms can frequently be improved — and managing the underlying cause can slow progression. Advanced options like nerve stimulation help select patients with persistent pain.

What is peripheral nerve stimulation?

A minimally invasive therapy that uses gentle electrical signals to calm overactive pain nerves. Learn more on our Peripheral Nerve Stimulation page, or ask whether you're a candidate.

Sources & Further Reading

- American Diabetes Association — diabetes.org
- MedlinePlus, U.S. National Library of Medicine — medlineplus.gov
- International Neuromodulation Society — neuromodulation.com

Questions? Call Wigley Feet at (305) 895-9528 to schedule an evaluation. New patients can also request an appointment at www.wigleyfeet.com.