

# Dr Andreas Loeffler

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**Joint Replacement & Spine Surgery**

# Pudendal Nerve Entrapment

Andreas Loeffler

Hip, Knee, and Spine Surgeon



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# PNE

- Pudendal Neuralgia
- Alcock's Syndrome
- Cyclists Syndrome
- Pudendal Nerve Entrapment



# Symptoms

- Pelvic pain
- Genital numbness and paraesthesia
- Bladder and bowel dysfunction



# Symptoms

- Pelvic pain
- Genital numbness and paraesthesia
- Bladder and bowel dysfunction
  
- Pain and numbness:  
typically worse with sitting



# Cyclist Syndrome

- Recurrent numbness of penis and scrotum
- More common with long distance cycling
- Compression of nerves and or arteries



# Cyclist Syndrome

- Recurrent numbness of penis and scrotum
- More common with long distance cycling
- Compression of nerves and arteries
- Special seats with central gaps



# For the Delicate Cyclist



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# For the Delicate Cyclist



# For the Delicate Cyclist



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# Causes

- Inflammatory and auto-immune
- Infection
- Pregnancy and difficult labour
- Forceps delivery
- Pelvic surgery, particularly for prolapse
- Accidents, especially falls onto buttocks
- Physical training and sports



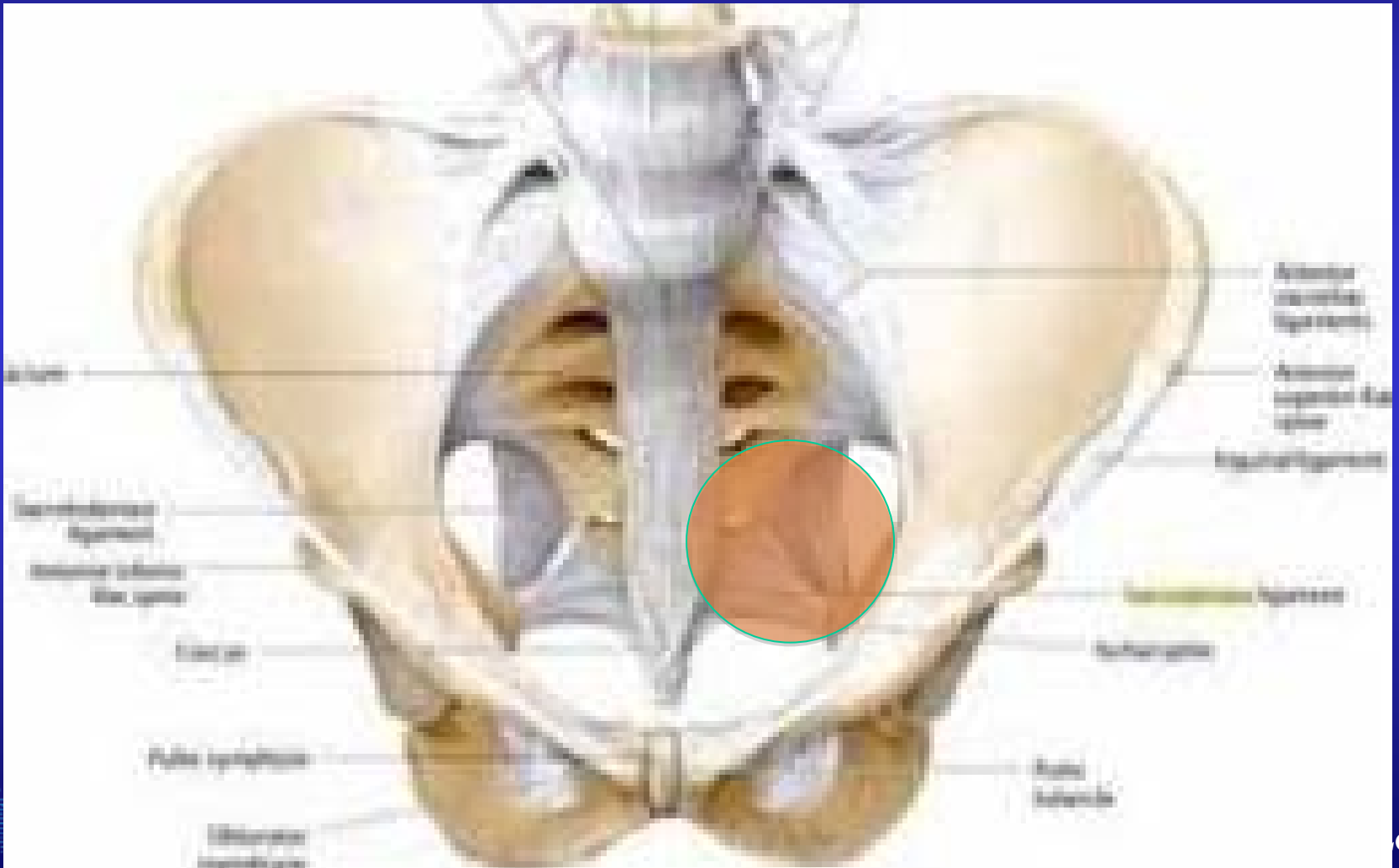
# Entrapment

- Carpal tunnel of the pelvis
- Narrow gap between sacro-tuberous and sacro-spinous ligaments
- Variable anatomy
- Dynamic changes

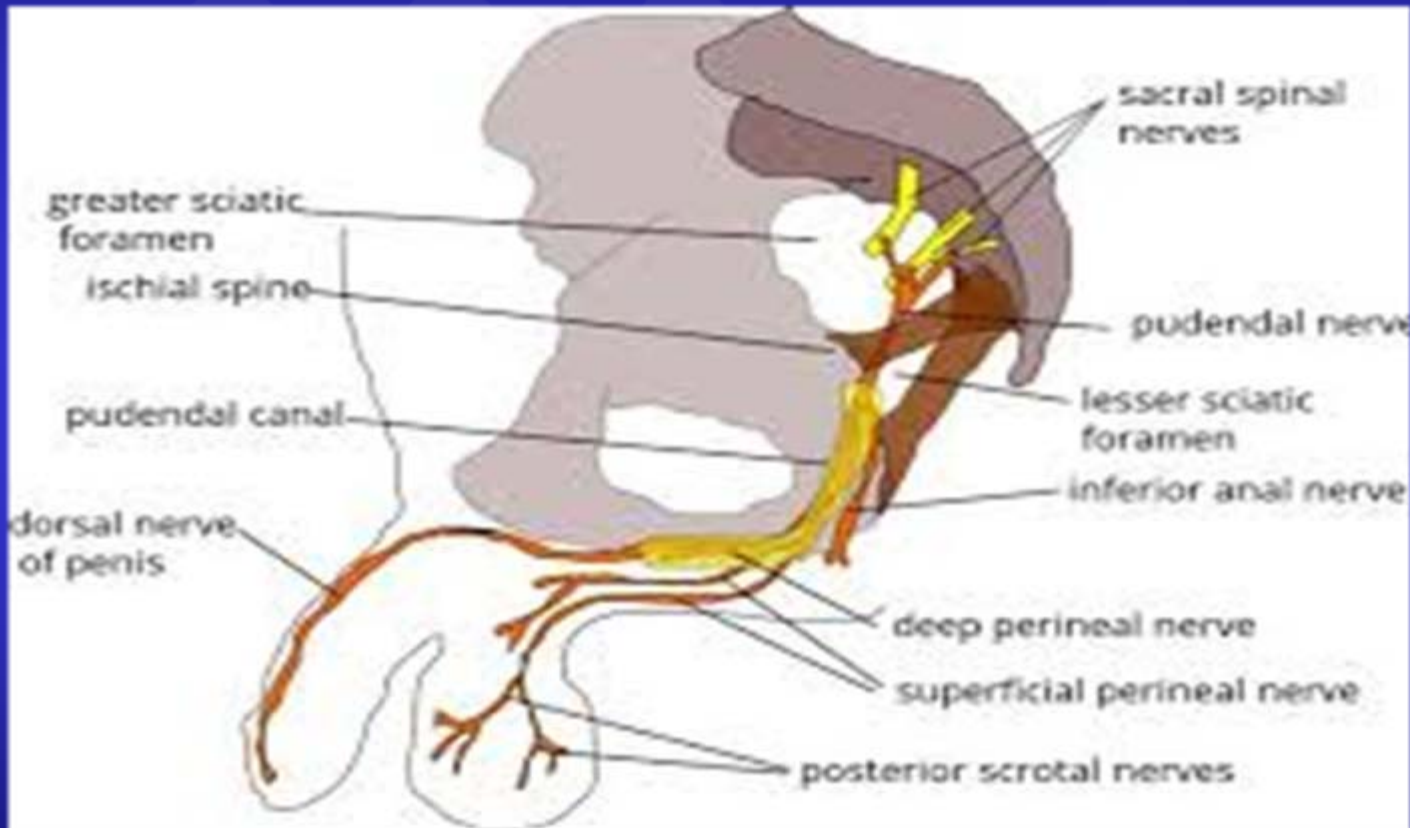




# Anatomy



# Anatomy



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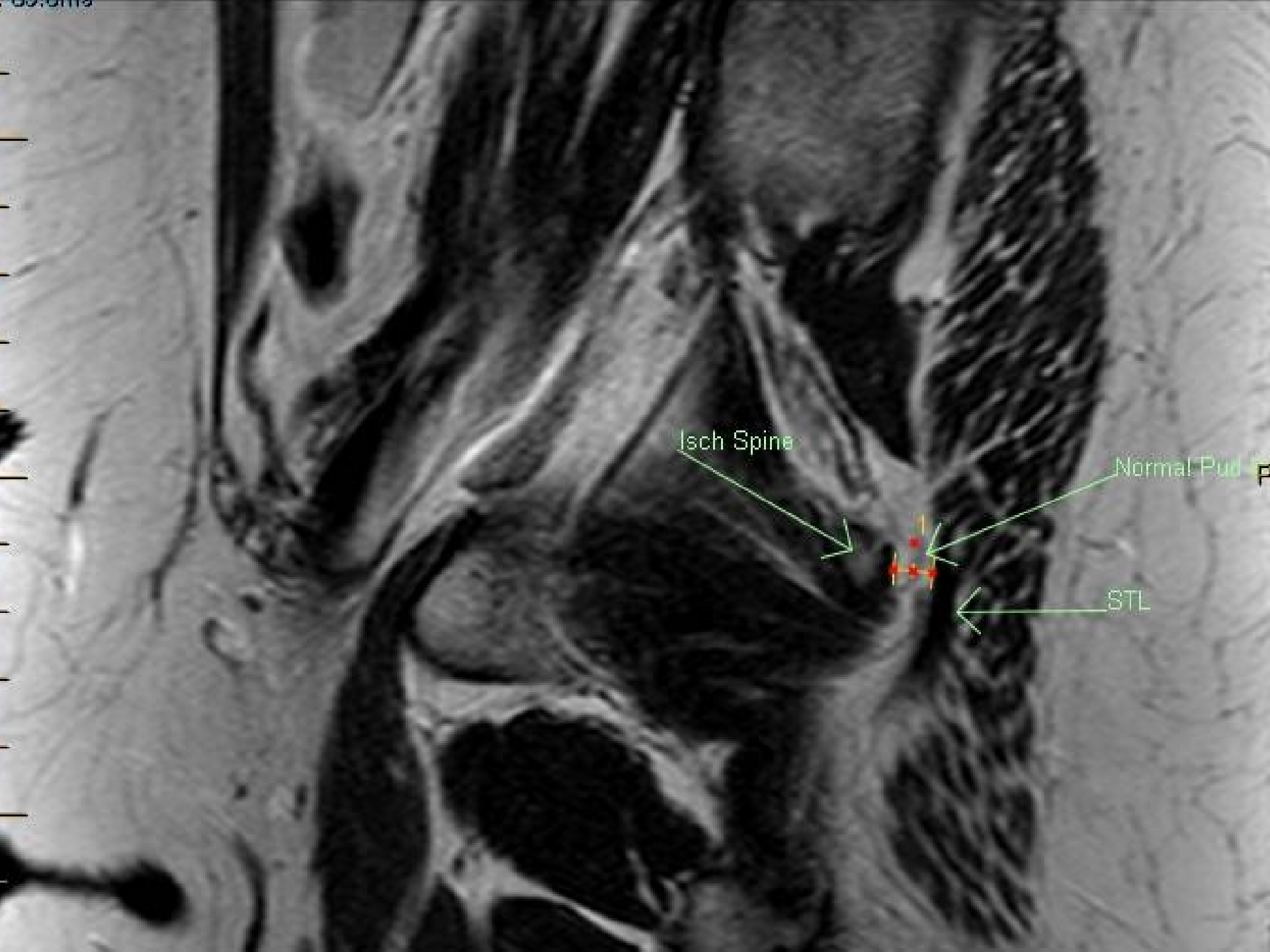
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# Diagnosis

- **History**
- No clinical signs
- Digital palpation
- Pudendal block
- MRI







Isch Spine

Normal Pud

STL

# Treatment

- Modification of activities
- Ergonomic seats and cushions
- Pelvic floor exercises
- Stretches and dilator therapy
- Change of sport and training



# Medications

- Analgesics
- Antidepressants
- Anti-epileptics
  - Lyrica
  - Neurontin



# Nerve Blocks

- Local anaesthetic
  - Diagnostic, trans gluteal
  - Should cause numbness and relieve pain
- Steroids?
- Botox
- Radiofrequency - pulsed



# Surgery

- The last resort
- With persistent symptoms
- Failed non-operative treatments
- Nante criteria



# Nante Criteria

- Pain in pudendal distribution
- Worse with sitting
- Little or no night pain
- No objective sensory loss
- Positive nerve block



# Nante Criteria

- Pain in pudendal distribution
- Worse with sitting
- Little or no night pain
- No objective sensory loss
- Positive nerve block
  
- Positive MRI



# Approach

- Trans vaginal or ischio-rectal



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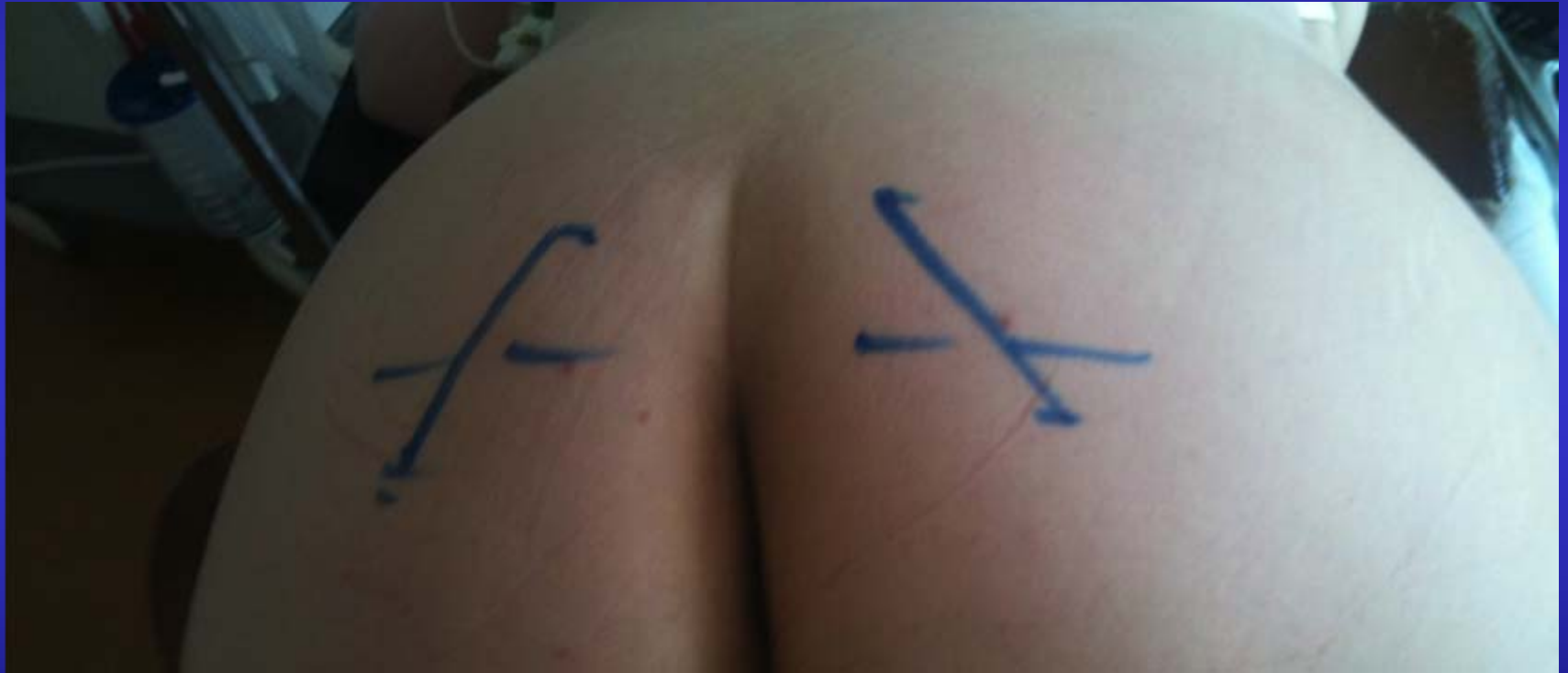


# Approach

- Trans vaginal or ischio-rectal
- Trans gluteal
  - Better visualization
  - Variable anatomy seen
  - Better decompression of nerve
  - Complete division of ligaments
  - Transposition of nerve



# Positioning



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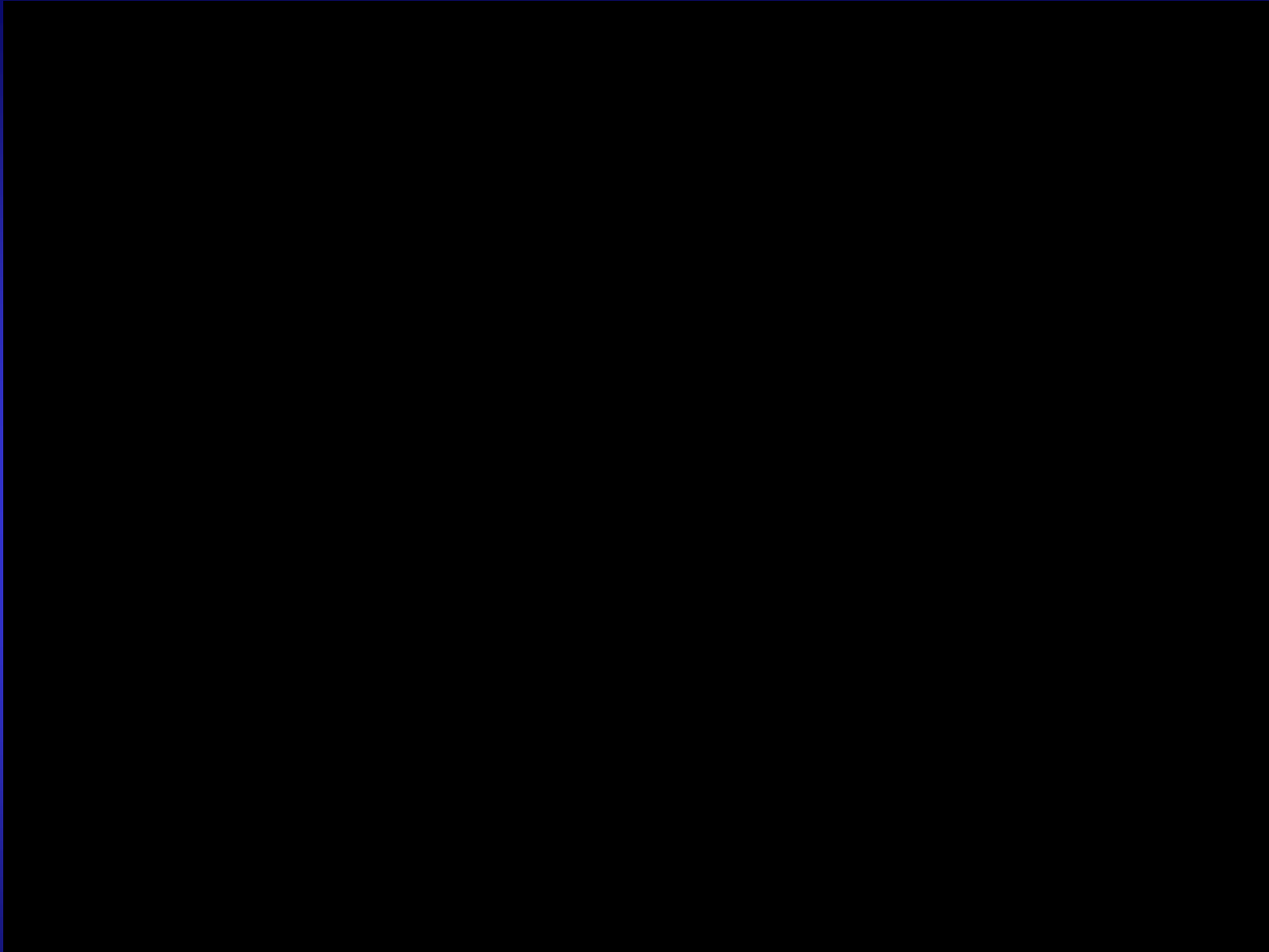
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# Surgery

- One hour per side
- Two thirds bilateral
- 4 to 1 Female to Male
- One or two nights in hospital
- Early mobilization
- Hamstring stretches





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# Results

- Chronic pain patients
- May take six months to recover



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# Results

- Chronic pain patients
- May take six months to recover
  
- One third good recovery
- One third partial recovery
- One third no recovery



# My Results

- To date 64 pudendal decompressions
- No patient worse
- Some spectacularly better



# My Results

- To date 64 pudendal decompressions
- No patient worse
- Some spectacularly better
  
- Independent follow up
  - Pain scores
  - MRI at 6 months





# FAQ

- Will the pelvis be stable?
  - 25 yrs experience – no instability
  - Mechanical testing – no instability



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# FAQ

- Will the pelvis be stable?
  - 25 yrs experience – no instability
  - Mechanical testing – no instability
- Complications
  - Haematoma
  - Infection
  - Nerve damage



# Teamwork

- Pelvic pain specialist  
(A gynaecologist who sees men!)
- Psychologist
- Physiotherapist
- Surgeon



# Teamwork

- Worldwide 5 centers
  - Two in France ( Nante and Grenoble)
  - Two in the USA (Huston and San Diego)
  - One here in Sydney



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# PNE

- Not well known
- Can be debilitating
- Diagnosis often delayed



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# Support

- A lively internet community
- Wikipedia more than text books



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# Pudendal Nerve Awareness Day



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# Awareness

- You can help with the diagnosis and cure



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Thank you.



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