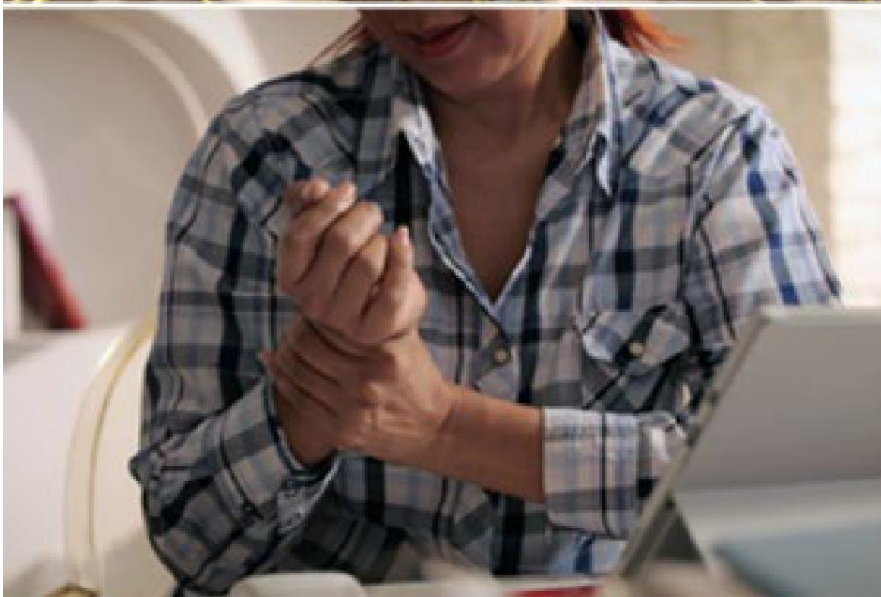# ViewMedica

See the Video

Pinched Nerve

Overview

If you have unexplained pain, numbness, weakness or tingling, you may have a pinched nerve. That's when something presses against a nerve in your body. It stops the nerve from acting the way it's supposed to.

Causes

Nerves become pinched in many ways. Some pinched nerves are caused by injury. For example, a herniated disc could press against a nerve in your spine. Other pinched nerves are caused by repetitive motions. A job or hobby that requires the same motion over and over again can cause tissues to swell and thicken. This reduces space around nerves, and leads to pinching. Pinched nerves are also caused by arthritis. And, obesity raises your risk for a pinched nerve.

Symptoms

Symptoms depend on what nerve is pinched and how badly it's been injured. You may feel pain or tingling sensations. You may have numbness or weakness. This can happen at the site of the pinching. It can also happen in a part of your body where the nerve travels. For example, a pinched nerve in your lower back can cause problems in the buttock, leg and foot. Your symptoms may come and go. Without proper care, a pinched nerve can be permanently damaged.

Treatment

We can often treat a pinched nerve with physical therapy, medications and lifestyle changes. If these aren't helpful, you may need surgery. Your doctor will create a care plan that's right for you.