



An anatomical study to assist with treatment planning for meralgia paraesthetica



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INTRODUCTION

- Entrapment of **lateral femoral cutaneous nerve** underneath inguinal ligament
- Pain and disability
- Understanding anatomy is critical
- Literature suggests variations
LFCN from ASIS: 1.3 – 5.1cm

METHODS

- 50 cadavers
- Measurements at superior and inferior margin of inguinal ligament
- Distance from inner lamina of ASIS to medial margin of LFCN
- Statistical analysis with R®

RESULTS

ASIS – LFCN (IL exit):

1.9cm (SD 1.4)
(95% CI 1.6 – 2.2)

ASIS – LFCN (IL entry):

2.1cm (SD 1.3)
(95% CI 1.8 – 2.4)

FIGURE 1

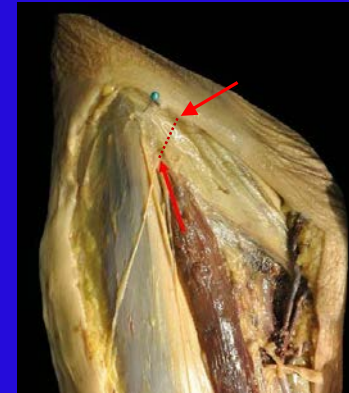
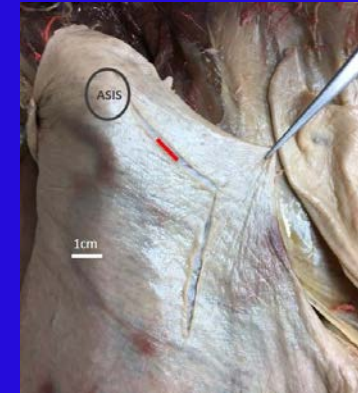


FIGURE 2



AIM OF STUDY

More accurate measurements to improve diagnostic and surgical management of meralgia paraesthetica

TABLE 1

	Age	Height (cm)	Weight (kg)	BMI	Point of Entry (cm):	Point of Exit (cm):
Min:	56	151	50	xx	0.2	0.2
Median:	79	170	66	22,8	1.9	1.3
Mean:	80	170	69	24,3	2.1	1.9
SD:	11	8,2	16	xx	1.3	1.4
Max:	97	185	131	xx	3.0	6.4

CONCLUSION

This anatomical study shows, that 95% of LFCNs pass beneath the inguinal ligament (IL) in a very narrow area of 6mm (ASIS-LFCN: 1.6cm-2.2cm). Understanding of this location of the LFCN may help with surgical planning.