

Click to prove
you're human



[illegible]

exercises and stretches will help you to ease meralgia paresthetica pain.Cat-cow (cat-camel).Get on your hands and knees with your hands shoulder-width apart and knees over your hips. Inhale deeply and curve your lower back and bring your head up, tilting your pelvis up slightly (cow/camel position). Exhale, pull your stomach in and arch your spine with your head and pelvis down (cat position). Do 10 times.Clamshell. Lie on your left side with your hips and feet stacked and your head resting on your left arm. Keep your stomach pulled in. Slowly raise your top (right) knee as much as possible without taking your left foot or left knee off the ground. Hold for a couple seconds and lower your right knee to the left knee. Be sure to engage your buttocks muscles while doing this. Do 10 repetitions on one side and then turn over to the other side. Lunges. This works all the leg muscles. Start by standing up with legs together and hands on hips. Take a big step forward with your right foot and lower your body until your right knee reaches a 90-degree angle and your left knee is parallel to the ground. Then return to your starting position. Keep your back straight and stomach pulled in make sure your knee doesn't go beyond your toes.If you can't lower your knee to a 90-degree angle, just go as low as you can. Do 10 repetitions and change sides. You can also change feet between lunges in what's known as a "traveling lunge."Meralgia paresthetica sleeping positionsDon't sleep on the side where you're feeling the discomfort.Sleep on the opposite side with a pillow between your legs. Hips and knees should be slightly bent so your hips are in alignment to ease pressure.If you sleep on your back, put a pillow or two under your legs.Meralgia paresthetica can cause numbness, pain, or a burning feeling in your outer thigh. People who are overweight, pregnant, or have medical conditions like diabetes are more likely to have it. Treatment usually includes doing hip and leg stretches, taking over-the-counter pain relievers, and wearing loose clothing. Rarely is surgery needed. What aggravates meralgia paresthetica?Standing or sleeping with your hip extended can make symptoms worse. Some people also find sitting to be painful. Should you massage meralgia paresthetica?Some people have found massage to be helpful in relieving pain. A physical therapist or chiropractor can show you the correct way to massage.