

# Dr. Chalfin's Management of Decreased Sensation in Legs

Decreased sensation in the legs can be caused by peripheral neuropathy, back problems, or both. Here are some important steps to help manage this condition and prevent complications:

- **Daily Foot Checks:** Examine your feet and between your toes every day for any signs of moisture, friction, or wounds. This helps to catch any issues early and prevent infections.<sup>[1][2]</sup>
- **Avoid Burns:** Do not use your feet to measure the temperature of water. This can prevent accidental burns due to reduced sensation.<sup>[1][2]</sup>
- **Home Safety:** Use night lights and install a shower bar to help with balance when it is dark or when your eyes are closed. Remove any obstacles, including rugs with lifted corners, between your bed and the bathroom to prevent falls.<sup>[1][2]</sup>
- **Assistive Devices:** If you are unsteady, use a cane or rolling walker.
- **Physical Therapy:** Engaging in physical therapy can help strengthen your muscles and improve balance, although it will not cure the numbness itself.<sup>[1][2]</sup>
- **Medications for Pain:** If you experience painful symptoms such as burning or pins and needles, medications like gabapentin can help manage these symptoms. Other options include pregabalin, duloxetine, and tricyclic antidepressants.<sup>[1][2][3]</sup>
- **Alpha-Lipoic Acid:** Taking alpha-lipoic acid at 600 mg daily has been shown to help with nerve regeneration in diabetics with peripheral neuropathy.<sup>[3]</sup>

Following these steps can help manage decreased sensation in your legs and improve your quality of life. Always consult with your healthcare provider before starting any new treatment or therapy.

## References

1. Peripheral Neuropathy: Evaluation and Differential Diagnosis. Castelli G, Desai KM, Cantone RE. American Family Physician. 2020;102(12):732-739.
2. Diabetic Sensory and Motor Neuropathy. Vinik AI. The New England Journal of Medicine. 2016;374(15):1455-64. doi:10.1056/NEJMcp1503948.
3. Diabetic Peripheral Neuropathy: Prevention and Treatment. Bragg S, Marrison ST, Haley S. American Family Physician. 2024;109(3):226-232.