Dr Andreas Loefler

www.orthosports.com.au

29-31 Dora Street, Hurstville
160 Belmore Road, Randwick
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

Dr Andreas Loefler
Joint Replacement & Spine Surgery
For the Delicate Cyclist
For the Delicate Cyclist
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

dorsal nerve of penis

greater sciatic foramen
ischial spine

pudendal nerve
lesser sciatic foramen
inferior anal nerve

deep perineal nerve
superficial perineal nerve
posterior scrotal nerves

greater sciatic foramen
ischial spine

pudendal nerve
lesser sciatic foramen
inferior anal nerve

deep perineal nerve
superficial perineal nerve
posterior scrotal nerves

Dr Andreas Loefler
Joint Replacement & Spine Surgery
Dr Andreas Loeﬂer
Joint Replacement & Spine Surgery

Diagnosis

• **History**
  • No clinical signs
  • Digital palpation
  • Pudendal block
  • MRI
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
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
Surgery

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

• Chronic pain patients
• May take six months to recover
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
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
PNE

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

• A lively internet community
• Wikipedia more than text books
Pudendal Nerve Awareness Day

Dr Andreas Loefler
Joint Replacement & Spine Surgery
Awareness

• You can help with the diagnosis and cure
Thank you.