



Peroneal Nerve Palsy

Are you suffering from foot drop? Are your feet slapping when you walk or run?
You may have common peroneal nerve Palsy.

The common peroneal nerve is a branch of the sciatic nerve, which supplies movement and sensation to the lower leg, foot and toes.

The common peroneal nerve can be damaged by any of the following:

- Trauma or injury to the knee
- Fracture of the fibula
- Use of a tight plaster cast around the lower leg
- Pressure to the knee from positions during deep sleep or coma
- Injury during knee surgery

When the nerve is injured, symptoms can include:

- Decreased sensation, numbness, or tingling in the top of the foot or the outer part of the leg
- Foot drop / inability hold the foot up
- Slapping gait or walking pattern (where each step makes a slapping noise)
- Toes drag while walking
- Weakness of the ankles or feet
- Loss of muscle mass because the nerves aren't stimulating the muscles

If you have any of the symptoms above come and see us in the clinic. All of our physiotherapists are experienced in assessing and treating common peroneal nerve palsy and can get you back to normal as quickly as possible.