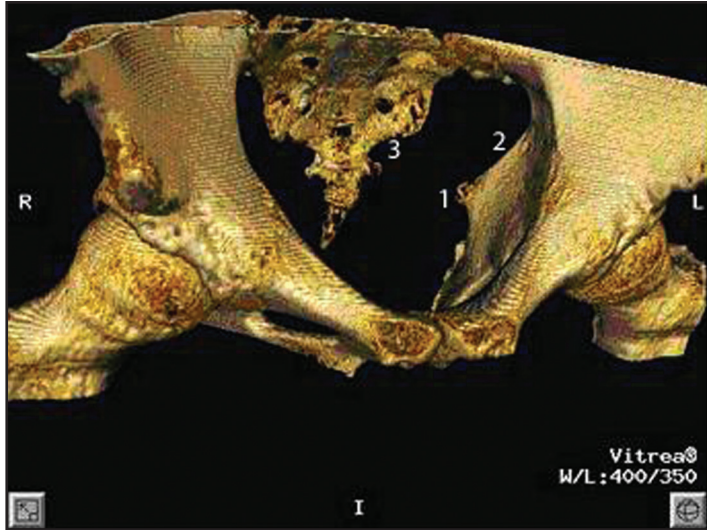


Figure 10-4. Computed tomography (CT) scan of pelvis (left side view) 3-dimensional reconstruction. (1) Elongated ischial spine. (2) Medial remodeling of ischium. (3) Lateral growth of inferior lateral angle of sacrum. These bony changes reduce the normal round area of the greater sciatic notch at a time when athletes are using the piriformis muscle significantly.



Clinical Presentation

There are 5 essential diagnostic criteria, also known as the Nantes criteria, for pudendal nerve entrapment.⁴⁴ The first is pain in the region between the anus to the penis/clitoris. The pain is primarily experienced while sitting, and is usually lessened by sitting on a toilet seat. Pain should not wake the patient at night. Objective sensory impairment should raise suspicion of a sacral root involvement. Pudendal nerve entrapment pain is alleviated by a pudendal nerve block.

CLINICAL EXAMINATION PEARLS

Physical examination is an important component in diagnosing pudendal neuropathy. A pinprick examination of the genital area may identify sensory changes.⁴⁵ Each pudendal nerve branch may be examined: the penis or clitoris for the dorsal nerve of the penis/clitoris, the posterior scrotum or labia for the perineal nerve, and the posterior anal skin for the inferior rectal nerve. Skin changes are frequently found over the coccyx and natal cleft due to sympathetic hyperstimulation, and there may be trophic changes indicative of chronic regional pain syndrome.

IMAGING PEARLS

Imaging techniques do not provide diagnostic information for pudendal neuropathy, but are valuable to rule out pathologic conditions or anatomical cause for symptoms. Imaging for preoperative planning is appropriate, including MRI of the pelvis and lumbosacral spine. Plain films, including a Judet view of the pelvis, identify elongation of the ischial and the inferior lateral angle of the sacrum, and medial remodeling of the ischium will be identified. CT scans of the pelvis may not aid in diagnosing neural pathology. Magnetic resonance neurogram may demonstrate changes in the nerve.