

THIGH PAIN A MYSTERY

Q: I am a 42-year-old woman. In the past two years, I have had a sharp pain in my thigh that lasts a few seconds each time. I had the thigh X-rayed. Everything appeared to be fine and the doctor said I had probably over-strained my leg. The pain had been very infrequent, so I left it at that. However, it became more frequent recently and I have been getting it a few times a day. When not in pain, I can move my leg with ease. What could the possible cause be and who should I see for my problem?

A: From your description, although your pain has become more frequent, it is still considered episodic. Since the X-ray result was normal, it rules out infection and a major mechanical condition.

Episodic pains can come from muscles, ligaments, joints or the nerves. From the history you have shared, it would be difficult to determine the cause of the pain but it does not seem to suggest an orthopaedic problem.

You may want to consider visiting a rheumatologist to assess if the pain is a result of joint or soft tissue problems. If the rheumatologist excludes sinister causes, you could see an orthopaedic surgeon for further assessment.

Dr Naresh Kumar



Dr Naresh Kumar is a senior consultant with the department of orthopaedic surgery, National University Hospital.