

Outer thigh / meralgia paraesthetica - education & notes

Clinical-source reading and an observation workbook for back, hip & thigh.

01 / Recognize the pattern

A patch of burning, tingling or numbness over the outer thigh can occur with irritation of the lateral cutaneous nerve. A sensory nerve to the outer thigh; this pattern does not itself explain muscle weakness.

02 / Understand the limits

NICE describes this diagnosed pattern as often benign and potentially improving spontaneously. A clinician must distinguish it from back-related or other causes.

03 / Movement and rehabilitation

There is no universal thigh stretch that identifies or resolves this problem. Keep comfortable activity while following an assessed plan.

04 / Review and warning signs

Do not assume a numb thigh is a tight quadriceps muscle. Avoid aggressive massage or forced hip stretching over altered sensation. Weakness, spreading symptoms, back-related neurological changes or persistent uncertainty needs assessment.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Date and region	Sensation and timing	Activity / position	Function / weakness	Questions / next action

Evidence and original clinical reading

<https://www.nice.org.uk/guidance/ng127/chapter/Recommendations-for-adults-aged-over-16>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.