

Symptom Log

Symptom Log

03/29/24 - 04/05/24

Became aware of some form of nerve impingement manifesting in the left side of the neck and left shoulder starting near the end of March 2024/beginning of April 2024.

Symptoms

- Intense acute paresthesia along the bottom of the left side of cheek, traveling down to left side of the neck, to left shoulder. when stretching out the left arm holding a bowl of food in a manner similar to the famous skull pose from Shakespeare's Hamlet, but done while squatting in a chair.
- Paresthesia would subside when returning to a neutral resting position
- Experienced a slight burning sensation along a nerve connecting the upper shoulder to the neck
- Felt a pervasive tugging sensation in the skin of the affected left sided areas (neck, shoulder, and bottom of the cheek)
- Experienced what I believe to be muscle spasms in the left side of the neck and shoulder area
 - Mild throbbing sensations in the left side of my neck and left shoulder
- A few days after the initial episode of intense paresthesia, awoke from a nap and experienced a minor aching pain (1-2 pain scale) in the affected areas that lasted 24 hours
- After the aching pain subsided the affected areas remained tender and continued to experience abnormal sensations (tugging sensations, tightness, throbbing, and minor burning) but with lessening intensity
- **Experienced no unusual sensations or pain in my back**

04/05/24 -04/21/24

Lingering nerve sensations that persist in the affected areas – still relegated to the left side of the neck and shoulder.

Symptoms

- Would occasionally experience muscle spasms in the affected areas at random or when certain positions exacerbated the symptoms within these weeks
- Occasionally experienced intense tightness in the shoulder and neck area
- The fabric of my clothes resulted in an uncomfortable rubbing sensation in that shoulder/neck area
- Brushing my teeth caused my neck and shoulder to feel tight and experience mild paresthesia
- Craning my neck or turning it too much to the right or left resulted in an unnatural stretching/pulling sensation in my neck that persisted afterwards
- Crouching/kneeling on all fours to manipulate something with my hands would cause an uncomfortable stretching in the affected region
- Activities that extended my left arm in certain positions such as showering or reaching for something behind my back caused my left shoulder to experience burning and also gave an intense yet painless stretching sensation along the upper shoulder nerve

- Experienced no unusual sensations or pain in my back

Self Treatment Methods

- Changed sitting position in chair to an upright squat
- Started to lie down more
- Began to sleep on my back with a pillow under the knees
- Began to sleep or rest on the bed on my side in a tightly curled fetal position

These treatments seemed to at best help by not straining the affected areas, but i'm unsure how effective they were. They did not cause any additional discomfort

~04/26/24 - present

Began to experience an unusual nerve sensation in the web of my left pinky and ring finger. Rubbing the web in between those 2 fingers would cause mild to moderate paresthesia. Additionally felt a tugging sensation in the webbing that was persistent for a few weeks. The paresthesia was occasionally persistent (even without rubbing) and varied from having the affected area be restricted to the just web of those 2 fingers to the base of the left pinky. After about 2 or more weeks, the intensity of these sensations lessened and now vary between not feeling unusual at all to feeling very mild paresthesia when rubbing the webbing between the fingers.

~05/01/24 - present

The webbing between the 2nd, 3rd, and 4th digits of my left toes began to experience unusual nerve sensations that began very mild and gradually grew in intensity which peaked around 05/11/24. Some time after the onset of these new symptoms, I sometimes felt like my right foot and right fingers may possibly have started to exhibit similar symptoms as the left side, but I could not be completely sure, as the right side felt completely normal except for some brief moments where I felt I may have experienced very mild symptoms on the right side.

Symptoms

- A pinching or deep digging sensation between the 2nd, 3rd, and 4th toes in my left foot
 - Felt like a wire was cutting inwards into the webbing of my toes
 - The sensations were painless yet had eventually gotten very intense (to the point that the discomfort could *possibly* be interpreted as a 1 or .5 on the pain scale)
- Mild weakness in foot
- These sensations were sometimes accompanied by what I suspect are muscle spasms in various places of my left foot. This new sensation was different from previous unusual sensations, as it felt like the blood in a region of my foot was "bubbling" for 5-15 seconds with unpredictable onset (although I notice it happens more when sitting or squatting)
- The overall intensity lessened around 05/14/24, however the affected surface area experiencing discomfort began to spread to more of the bottom of the left foot and sometimes the rest of the leg
 - Will now sometimes experience mild-moderate paresthesia at the left side of the sole of my left foot when putting weight on the foot while walking (this is mainly noticeable when getting up to walk after sitting for a period of time)

- Infrequently and inconsistently experience mild weakness and unusual sensations around my left ankle, back of my left thigh, back of my calf, or any other location along the sciatic nerve
- Have had 2-3 brief episodes of moderate itching in the affected area on the foot
- One time when sitting down and playing piano, felt my left heel go numb
- **Experienced no unusual sensations or pain in my back**

Self Treatment Methods

- Continued to sleep on my back with pillow under my knees
 - This position gave some nerve tension relief in my left toes for about a week or two
 - A few weeks before writing this (06/25/24), no longer gives much or any relief
- Altered fetal position by loosening it and putting a pillow between the knees
- Reduced or avoided time spent sitting down, would stand for activities like using the computer
- Began to go on hour to hour and a half long walks at the park daily until early June when I stopped due to the heatwave
 - Walking during this period did not exacerbate any symptoms
 - After finishing walking my left foot nerves sometimes felt slightly better
- Began to do various stretches and yoga poses, focusing on the neck and shoulder and lumbar spine for approximately 3 times a day for 30 mins, daily
 - These stretches did not exacerbate any symptoms, though I noticed that the left side of my lumbar spine felt mildly tired when doing them, particularly when doing a cobra pose

06/07/24 - 06/10/24

After waking up from sleeping, I suddenly experienced a moderate but very pervasive pain in the left side of my neck. Turning my head in any direction would cause pain in the left side of my neck and resulted in limited range of motion. Upon examination the back of the left side of my neck was red and swollen. The pain and discomfort from this would exponentially decrease over the next 72 hours while also regaining my range of motion with very conservative treatment. The pain and swelling completely disappeared by the 4th day.

- Initial rating of 5-6 pain scale, decreased by 1.5 each day
- Initial aching pain that felt very voluminous
- Back of the left side of the neck was red and swollen to roughly the size of a circular nicotine patch
- The skin was raised by 0.5-1 inch
- Unsure of the cause, as I did not do anything strenuous or physical the day before

Following this mysterious injury, some of the previous nerve symptoms in my left shoulder, neck, and fingers had worsened to their previous intensity for albeit a brief period

As of writing this (06/25/24), most, if not all of the symptoms from the very 1st incident of nerve impingement involving the neck and left shoulder potentially have mostly gone away or gone away completely

06/16/24 - present

Started to definitively experience similar sensations in the webbing of my **right** fingers and toes as I do in my left side.

Started to experience unusual sensations in my back

Symptoms

- Webbing between my 3rd, 4th, 5th fingers and 2nd, 3rd, 4th, and 5th toes occasionally experience very mild paresthesia and nerve discomfort
 - Intensity is much less compared to the left side
- Sometimes will experience the same “bubbling” sensation in the right foot seemingly at random
- **Began to occasionally experience unusual nerve sensations along much of my back**
 - When squatting or laying against the bathtub, I experience a tugging sensation in the nerves along my thoracic spine, before, this would only sometimes affect my left foot or neck. Also will sometimes experience this while sitting down
 - Sometimes when sitting in a chair or lying down on my bed, will sometimes experience an unusual sensation stemming from my lumbar spine at around the waist/hip area on both sides
 - Pinching sensation, sometimes a shooting sensation that travels upward about 1 inch
 - 1 on the pain scale

On 06/19/24 I suddenly and acutely aggravated my spine.

While driving home, I turned my body and reached into the backseat to check for some groceries that may have fallen. When fully outstretching my right arm and reaching downwards I felt an electric shock that traveled from the middle of my spine up to the bottom of my neck (it possibly could have also started from the upper region of my lumbar spine).

I immediately retracted my hand afterwards and avoided doing that motion again

- The shock sensation was very intense but painless
- The sensation lasted for about 1 second
- After continuing to drive, I noticed no immediate new symptoms following the spine shock
- However, since then in the following days, the uncomfortable sensations in the webbing of my right toes and right fingers have gradually gotten more intense
- Additionally, my lower and middle back felt abnormally tired even with no physical exertion, starting a few hours after the shock and this tiredness persisted for a few days
 - Lying down would trigger the tiredness but standing up alleviated it

- I can recall I will now sometimes experience very brief moments of tearing, shooting, or stabbing pains in my toes and feet that range from a pain of 1-2, though this is very infrequent

06/29/24

Begun to feel some discomfort in right side of neck and shoulder (seems to just be a mosquito bite, area was red and swollen and the symptoms disappeared within a few days)

Begun to feel nerve discomfort in my left and right big toe, manifests and disappears sporadically

07/19/24

Started taking B complex vitamin supplements daily as per PCP suggestion

07/30/24

Awoke laying down on my back experiencing minor numbness and moderate paresthesia in my right foot that was abnormal in comparison to what I've experienced so far. Affected the bottom of my right foot at the M2, M3, and M4 regions. Shifted to sleeping on my side in a fetal position. Woke up again and went back to experiencing the same level of expected nerve discomfort and sensations that I have been experiencing the past few months (previous image above)



08/17/24

Overall symptoms feel like they have slightly worsened from the baseline. My thoracic and lumbar spine feel more tired and I'm sometimes experiencing minor pain (1-2 scale) in those areas briefly when lying down. The base of my **right** 2nd, 3rd, and 4th toes/webbing experiences mild-moderate paresthesia when they hit the ground and leave the ground. This contact based paresthesia is happening noticeably more often than before and seems to happen after standing without lifting my feet for at least a few minutes? Also may happen after sitting down for an extended period? My **left** foot also sometimes now experiences an aching pain (1-2 scale) in the base of those same toes/webbing.

08/24/24

After sitting for prolonged periods of time (5-6 hours) with a couple of breaks, began to experience constant minor paresthesia in my **right** 2nd and 3rd toe. After lying down for an hour and then getting up, the constant sensations seemed to transfer to the **left** 2nd and 3rd toes, which has never happened before. Additionally, doing stretches that involved pulling my knee to my chest/shoulder or stretching my leg would definitively trigger the paresthesia.

09/04/24

Began physical therapy at Smith Therapy Partners. The stretching exercises seem like they feel good, but am not entirely sure. They do not cause pain. Shortly after the appointment, noticed some minor spasms/paresthesia that would periodically manifest and disappear sporadically in my feet that occurred for about 30 min to an hour. The left side of my lumbar spine felt slightly tired/tense.

09/11/24

Woke up while laying on my left side with a pillow between my knees and felt tightness/unusual stretching directly above my left buttock at the waistline. Isn't painful. Would come and go when lying down, and also would come and go when sitting on the toilet.

09/12/24

Woke up with my knees elevated and my feet flat on my foot pillow. Left foot experienced very mild persistent paresthesia at the back of the heel and the left edge along the pinky toe. Subsided within minutes of lowering my knees.

09/16/24

The base of my left ring finger that shares the webbing with my pinky is experiencing an unusual inconsistent pain I have not experienced before. Feels like a tendon or ligament ripping type pain of (2 on pain scale) that sometimes triggers when stretching out my hand/that ring finger or when applying some pressure on that region.

09/17/24

Pain in that region seems to have disappeared.

09/18/24

Pain in the left ring finger with the same triggers seems to have returned in the middle of the day.

As of today, after doing PT stretches daily and resuming walks in the park, the unusual sensations in my feet seem to have lessened in intensity. Will continue to monitor progress, and hope that this improvement isn't just merely an outlying point in the oscillating symptom intensity cycle.

Current most prominent symptom is a ball of sporadic paresthesia on the left side edge of my left foot. Next most prominent is a light persistent pressure on the nerves in the base and webbing of my toes

09/21/24

After sitting down for several hours for work, feet symptoms feel a bit more aggravated. Not as intense as the symptoms experienced on 08/24/24.

Left side of my left foot feels minor paresthesia that's a bit more constant than average and the left toes feel more tight. Also experience minor itching and a tickling sensation in the affected regions. The sensation sometimes feels like when the hairs on your arm are standing on end (but in the side of the foot, where there is no hair)

Right foot symptoms also are slightly aggravated. The 2nd and 3rd toes experience slight paresthesia triggered when making contact with the ground (this particular symptom had largely subsided last week). The right side of the right foot is also experiencing very mild paresthesia and unstretching sensations without an acute trigger (which hasn't been the norm in the past few weeks).

Doing the towel toe-scrunch exercise seems to trigger minor muscle spasms in the right side of my right foot.

I can faintly feel each individual blood pulse coursing through my feet via a faint low level shock sensation in the bottom of my feet

09/22/24

Symptoms feel better from yesterday after waking up. During the evening the paresthesia on the left side of my left foot became a bit more intense

9/28/24

After sitting for 3-4 hours for work, symptoms worsened a bit in both feet. Rubbing the inside of my 2nd, 3rd, and 4th toes in my right foot immediately triggers mild paresthesia there. However, laying down for 30 minutes seemed to alleviate this acute trigger for paresthesia. Left foot continues to feel staticky on its left side and the base of the toes.

09/30/24-10/01/24

Increased the duration and amount of reps for the resistance band leg stretch, and have been doing additional stretches while working at the park. Symptoms seemed to have generally lessened a bit in both feet.

10/08/24

Went to Los Angeles for an event and was concerned that the amount of sitting required during transportation would agitate my nerves. Also did not have time to do the physical therapy stretches during the 3 day trip. Surprisingly it seems to have not gotten worse. Did lots of walking and even some physical exercise learning to ride an electric scooter. My symptoms feel like they have lessened even more than before, although I still feel some slight unusual sensations in the web of my left toes.

10/13/24

After going to PT and doing leg presses on 10/11/24, noticed that my legs and thighs were particularly sore only 2 days later. Unusual sensations slightly worsened in my left foot, though this time it seems to be concentrated in the webbing of the 5th, 4th, and 3rd toes. Doing the

stretch with the elastic band triggers light-moderate paresthesia in the bottom of both toes, my heels, and sometimes along the calf after about 30 seconds.

Webbing of left ring finger and pinky has been experiencing a slight tearing pain on and off. Some days it's there some days it's not.

10/25/24

Symptoms feel worse this week than it did last week. The left side of my left foot is experiencing symptoms again (that area had not felt symptoms for about a month). Did final PT session that was covered by insurance and did not feel any immediate changes in symptoms. After work (which involved sitting for an hour and a half with 30 minute standing breaks), symptoms feel even a bit more worse still. The webbing of my hands also feels slight paresthesia and unusual sensations again (this particular symptom had been gone for a few months now). A few hours after work I felt a brief, sharp but painless stabbing sensation in my left toes when walking (however this only happened a couple times).

Left ankle experiencing more unusual sensations

Will see if laying down will relieve the symptoms.

It did for some time but it came back after standing up and walking around

10/27/24

In addition to the existing affected regions, the front and back of my left ankle feels unusually tight and has unusual nerve sensations that have been persistent. Minor burning, staticky paresthesia sensations, and abnormal amounts of pressure. The webbing of my hands also are experiencing unusual sensations noticeably more than normal

10/28/24

Upon waking up, area affected and symptom intensity have slightly receded. The ankles and bottom of my toes feel itchy. Also experiencing minor abnormal pricks along my legs (on both sides) from the shin down that are infrequent. Mild burning in the bottom of my toes.

10/30/24

After getting out of bed, experienced intense acute paresthesia in the webbing of my left big toe and 2nd toe when walking. This subsided within about a minute. Aside from this unusual exception, symptoms have diminished in severity and affected area compared to the past few days.

10/31/24

Symptom intensity has lessened. However, I can feel the unusual nerve sensations crawling up my ankle into my left shin along the tibia.

11/01/24

Got skin biopsy on my left leg. The neurologist mentioned the lidocaine would cause burning in the injected area during the procedure, however I did not feel any burning. Is this something of note? My feet feel about the same as yesterday, though the sensation of the bandages on my

feet and legs and the healing wound somewhat distracts and masks the unusual sensations of paresthesia and discomfort. Stopped doing PT stretches so the skin can heal

11/08/24

Took a bath and after standing up, felt pulsing and bubbling along the left side of my left foot on the bottom for about 30 seconds.

11/11/24

Symptoms in the feet feel pretty good after waking up. Can still sense slight abnormalities.

11/20/24

Sometimes feel buzzing sensations in my toes and the base of the big left toe when struck.

11/24/24

When sitting on the toilet I sensed a light buzzing paresthesia sensation in my pelvic floor and my feet

12/18/24

Planting left heel into the ground and putting a lot of weight on it results in pain (3-4 scale) in the left side of the arch of the foot (lateral longitudinal arch). This pain manifested after I woke up and stood, but seems to have disappeared after 30 minutes. Top of the left big toe also feels slight paresthesia. The unusual sensations in my left foot seem to be moving around a lot, often within the span of minutes. It feels like the epicenter of the sensations is moving from toe to toe in the webbing. This type of thing has happened before, although today I can pinpoint the exact spot that the discomfort has moved to.

12/25/24

After sitting in a chair, left 2nd, 3rd, and 4th toes felt noticeably itchy and uncomfortable

12/27/24

After standing for a few hours on hard tile, my left foot felt symptoms noticeably worse and intense

12/28/24

Symptoms improved after sleeping and waking up

12/29/24

Symptoms feel quite a bit less intense today. Unsure of reason since there haven't been any deviations in my routine

01/04/25

Symptoms are more intense in the left foot. Was sitting for 6+ hours on a plane ride on 01/02. Additionally the webbing between the 2nd and 3rd fingers in my left hand sometimes feels similarly irritated. **This location is new**

01/11/25

Returned back from a flight from Pennsylvania 2 days prior. Noticing similar symptoms in the webbing of the right fingers. Not very prominent or consistent but is a little noticeable. Also noticing discomfort in the webbing between my 2nd and big toes in both feet. **Frequency of location is new**

Also the right armpit is experiencing some unusual sensations of tightness, and paresthesia when stretched suddenly extended outwards to the side

01/12/25

The location of the symptoms in my feet are fluctuating and moving rapidly today. The intensity of the sensations in the webbing move from toe to toe even when laying down sitting or standing up. Stretching out the feet and toes sometimes results in spasms in the sides of the feet.

01/14/25

Unusual sensation of tightness in my right armpit that comes and goes.

01/16/24

Experiencing more frequent bouts of paresthesia that are triggered when walking in the webbing of the left toes and the metatarsals. Feels like a blanket of buzzing that roughly lasts in short 1 second intervals.

01/17/25

After taking a bath and sitting in the bath time for a period of time (approximately 30 min - 1 hour), the symptoms in my feet seem to have relieved somewhat.

01/20/25

Upon getting out of bed and standing up, experienced a brief electric tingling shock that started in the left side of my right foot shooting up my ankle. Only lasted very briefly.

Overall my symptoms feel better since the relief experienced from the bath, but there's still a lingering nerve discomfort in the feet. Unsure if this is just a natural fluctuation.

01/27/25

Slept in a bed that had the topsheets fitted very tightly, resulting in pressure onto my feet. Woke up and experienced paresthesia in the heels after waking up. The paresthesia subsided after alleviating the pressure

01/29/25

Putting an object between my right toes and then squeezing them together results in a bubbling spasm sensation in the right side of my right foot

02/03/25

Woke up and suddenly feel an unusual pressure right above my **left knee which is new**

02/04/25

Woke up and the pressure in the left knee seems to have disappeared

02/05/25

Woke up in bed while lying on my back and felt abnormal pressure in my **right ankle near the anterior talofibular ligament**. Changed to lying on the side and the pressure eventually faded. Also noticed something about the symptoms from 01/29/25. If I squeezed my right toes with something in between them while lying on my back or lying on my left side, I would experience the spasms on the right side of my right foot. But I would not experience the spasms when squeezing them while lying on my right side. And the spasms would only occur when my legs are fully extended and not when my knees are closer to my chest.

02/12/25

Woke up in bed and felt bubbling sensations in the left side of my left foot that feel similar to the muscle spasms experienced in the right side. The spasms subsided after getting out of bed.

02/13/25

Discovered that if I lightly strike my ankle on the fibula, it triggers a very subtle tingling sensation in the metatarsals and my toes. Peroneal nerve compression?

Woke up and the sensation from yesterday returned but with less intensity

02/15/25

Noticed a very subtle, dull aching pain in my left side neck and shoulder in the same region from when I first had nerve complications. Turning my head to the right and stretching the neck sometimes causes very slight pain on the left side of the neck. Coughing also causes slight pain. The pain does not seem neurological, however there are slight pricks and sensations that feel neurological that sporadically and briefly manifest in those regions.

02/18/25

Noticing some slight unusual sensations manifesting in my left cheek bone and left side of the neck

02/20/25

Noticed some minor aching pain in the back of my neck. There are still some slight unusual sensations from 2 days ago.

02/22/25

The mild neurological sensations in my neck and cheek still persist. Also notice a pressure in my left eye that comes and goes.

02/23/25

I am experiencing an unusual tightness in all parts of my neck, both the left and right side and front and back side. I sometimes feel pricks and unusual shooting nerve sensations. Sitting down seems to cause the left side of my face to go slightly numb and wet, particularly around

the left cheek bone and left eye. Laying down on my back doesn't seem to alleviate symptoms very much and laying down on my side seems to slightly aggravate either side of my neck. These set of symptoms seem particularly concerning. Have been doing my best to keep from turning and craning my neck at too steep of angles.

02/25/25

Symptoms maybe feel slightly better and less prominent. The exact location affected in my neck and face jump around a lot. Noticed that the right corner of my mouth also sometimes feels a wet sensation. Also sometimes feel a pressure in the back of my neck that ends up manifesting like a mild headache/slight disorientation.

02/26/25

Noticed a very minor pain in my left shoulder when flexing it a certain way. Still have a sensation of a mild headache I am continuing doing my best to refrain from craning my neck and keeping it straight

02/27/25

Woke up and still the left side of my face and mouth feel wet while lying down. The symptoms come and go throughout the day and change in intensity

03/01/25

Neck symptoms felt better waking up, however after teaching piano for a few hours and looking downwards for about 30 mins caused the neurological symptoms to return

03/01/25

Front trapezius muscles feel tight. Looking downwards will cause my neck and traps to feel unusual sensations and stuck

03/08/25

Noticed some unusual sensations in my lower right shoulder. Continue to feel unusual nerve sensations/slight numbness in my mouth/face.

03/09/25

Rubbing my cheek/mouth sometimes causes me to feel a slight pinch in the front/side of my neck on the same side of the cheek. Also causes some slight burning in my face, chin, and neck.

03/12/25

Sitting down sometimes causes my mouth to feel slightly numb and like it's caught in a spider web

03/15/25

Symptoms in my neck, chin, and parts of the face felt particularly strong after playing piano for an hour. Felt some minor shooting pain in my left neck and chin area. The nerves in my left

armpit also feel jumbled and electric. Symptoms lessened after going to bed after and waking up

03/17/25

Noticed an aggressive pinching sensation at the base of my left ring finger around the sides of the webbing that comes and goes. The face and neck area still feels unusual nerve sensations

03/18/25

Woke up with the **left** ring finger feeling slightly numb

03/20/25

Woke up and felt a faint feeling of paresthesia at the base of my **right** ring finger and sometimes the right middle finger. Not as aggressive as the left hand but definitely still noticeable.

Later in the evening my chin and bottom of the mouth are having unusual nerve sensations and wet feelings.

03/24/25

Did another EMG/NCS at Las Vegas Neurology Center. Noticed that my left arm and feet feel a bit worse after the test

03/25/25

Got a new car and started driving for the first time in months again. Afterwards the slight numbness and wet sensation in my face and chin felt particularly prominent. My left armpit is also experiencing a minor pain aching.

03/26/25

Beginning to feel a needlelike pressure in my right fingers around the 1st joints, palmside. This sensation is new for the right hand, which is concerning because I've dealt with these specific symptoms long term for about 10 years in the left hand.

Also noticed minor numbness while lying down in my left arm and hand, traveling along the radius to the backside of my left thumb and pointer finger.

03/27/25

Face and neck continues to exhibit symptoms. The back of my left hand continues to experience slight numbness starting from the wrist area. A rash also appeared on the back of my left hand.

03/28/25

Feel nerve pressure in the backside of my left hand starting from the wrist to the webbing of my 3rd and 2nd fingers.

03/29/25

The back of my neck feels extremely tired with minor but persistent aching

04/07/25

Nerve pressure in back of my left hand seems to have subsided. Feet, neck, face, and chin still continue to experience symptoms with varying intensity that come and go

04/17/25

Have been experiencing more spasms/pulsing sensations in the sides of my feet lately. Also the base of my 2nd and 3rd toes feel more nerve pressure than usual and sometimes have a mild pain. The front of my neck and corners of my mouth remain abnormally tight and slightly numb

04/20/25

Unusual pressure seems to have grown into a ring pattern around the outside of my mouth around the mustache area. The sensations no longer feel "wet" but rather "staticky." It resembles paresthesia but not as prominent as when your foot falls asleep.

04/21/25

Noticed that if I pulled my left toes apart while sitting down it would cause my butt/tailbone to tremble slightly. The right toes did not seem to trigger this reaction

04/22/25

Woke up and felt like the symptoms in the left foot were worse today, perhaps due to the extensive stretching in the toes? I noticed that if I pushed against my left metatarsal I would feel slight tingling in that area, as well as in my 2nd toe and the tip of my big toe. This kind of Tinel's test was only positive momentarily. After some time I tried pressing against the metatarsal again and did not really feel tingling, but did still feel compression that lingered for a bit longer than normal, even after the pressure was removed.

Symptoms today in my left foot range from feeling like it's being lightly tickled, to itchy, to tingling to pinching.

Sensations in the face and neck remain unpleasant.

04/29/25

Began taking (3) 100 mg capsules of gabapentin after being prescribed by the neurologist

05/01/25

Day 3 of taking 300 mg of gabapentin. Have not noticed any effects so far.

After taking a walk in the park I went to the bathroom. Noticed that my pelvic area was trembling/vibrating quite a bit while sitting on the toilet. Trembling went away after a few minutes.

05/10/25

Noticed a minor aching pain that feels like it's stemming from deep in the left side of my right foot. I'm also experiencing a prickling pressure in the same location when it isn't painful. The pain disappeared after going to sleep.

05/12/25

Went to get blood drawn today. Noticed that when I leaned forward in the chair slightly to do the blood draw it caused my right foot to start tingling within 10 seconds.

05/15/25

Noticed an unusual pressure around the area below my left shoulder blade while I was sitting in the bathtub

05/18/25

Forgot to take the gabapentin for 2 days. However, did not notice any significant difference in symptom presentation.

05/23/25

Went to a Thai massage parlor for a deep tissue massage and had them focus on my neck trapezius area. Also massaged my feet. Don't notice any particular difference in symptoms afterwards, however there were moments during the massage that I could feel the trembling spasming sensation that I sometimes experience. Specifically when they applied pressure to the back of the thighs below the butt.

05/24/25

After standing on hard tile for maybe a few hours, noticed that a very strong stabbing/pinching/cutting sensation on a concentrated point around the webbing/base of my right 2nd toe. It feels like it's in between the webbing of the 2nd and big toe, and at the front of the 2nd toe at its base. This sensation sometimes occurs when I walk or when I wiggle my right toes and actually feels a little painful sometimes. I do not recall ever experiencing this exact sensation in my feet before, which is somewhat concerning. This sensation is the same as the ones I experienced in the base of my fingers on 03/17/25. This new sensation manifested after squatting on the ground for maybe about half an hour to pump air into car tires and then standing on a hard surface for a few hours.

05/25/25

Symptoms in right foot feel a little better, but the symptoms in the left foot feel worse.

06/08/25

Feeling some pinching sensations in lower right thigh

06/10/25

Went to neurologist for some trigger point injections in various parts of my upper back and neck area as well as the trigeminal nerves. Did not feel really an immediate relief, but we shall see. Several hours afterwards I could feel a cold and wet sensation that was coursing through my upper cheeks into the corners of my mouth, which I *think* is to be expected.

06/11/25

I still feel some numb sensations in my mouth. I noticed though my left shoulder feels quite relaxed and loose which is a good sign. My feet and my face however don't necessarily feel much different from what I've been struggling with.

06/15/25

Noticed today the front of my left leg has pricking sensations and the feeling like a band is wrapped around it. It intermittently appears and disappears. It mostly affects the front of the left ankle, the midsection of the left lower leg, and right below the left knee. Noticed it most prominently when sitting on the toilet.

The abnormal sensations at bottom of the left foot also felt particularly aggressive today. My neck may feel slightly better from the injections. My shoulders definitely seem to feel better. My face/mouth area seems to mostly the same. I also realized that the arch of my left foot has been pulsing A LOT lately.

06/17/25

Felt a very aggressive poking/pricking and staticky sensation in the front of my left shin. As well as the left ankle and the left side of my left foot. Still no pain, but these sensations grow more concerning. When I walk I can feel the pricking sensations appear in a band around my left ankle. I also still feel unusual sensations around my mouth

06/19/25

Got a bug bite a few days ago on my right ankle. It has become quite swollen and somewhat painful with a large blister. Additionally my symptoms in my left foot feel quite a bit worse. I can feel sensations crawling up my ankle and up my shin. Applied topical **triamcinolone acetonide** at the site of the bite, and began taking a 6 day regimen of **methylprednisolone** in 4mg tablets.

06/21/25

Front of the left ankle is feeling even more pressure and nerve discomfort than before.

06/22/25

Back of the left hand between the thumb and pointer finger feels slightly numb and tingly. Front of the ankles of both feet and the shins feel more intense paresthesia-like sensations.

After work I noticed the upper mid right side of my back felt a little bit of aching pain. Some short time after that I suddenly felt a firm tugging sensation in the back of my legs in the calves. This sensation was the strongest I have ever felt ever since this condition manifested these unusual symptoms. It was also noticeably mildly painful if I applied some light pressure to the calves. This new symptom is worrying, considering I did not exert myself physically at all prior to this, and the presence of actual pain is concerning.

It is possible that this was caused as a side effect of the medication for my bug bite, or it could just be the general condition worsening. Or it could be because the past few days I have not been able to lie on my right side while sleeping to avoid putting pressure on the blister on my right ankle. I've also been craning my neck downwards quite often in my home so I can scan the floor, because of a large scorpion found in the house that evaded capture.

The tightness in the calves lessened as the day went on after walking and laying down for a little bit, but it is still there. Additionally, the ankle region of my left foot is experiencing similar tugging and minor pain sensations. The bottoms of my toes feel mildly numb.

06/24/25

Symptoms have worsened. Awoke feeling spasms and strange tightness in my thighs and my buttocks. My forearms feel slightly numb. Left hand feels slightly numb. My feet, ankles, and legs, are experiencing aggressive prickling sensations. Sitting down for half an hour in front of the computer seems to have triggered slight numbness in my face at the corners of my mouth and the neck area right below the chin.

Noticed shortly after sitting on the toilet intense pricking sensations all along the front of my legs. Symptoms subsided a little bit after standing back up, but there is still residual pricking and spasming in the legs.

Tip of the left big toe feels extremely tight.

Finished the remaining methylprednisolone.

06/26/25

Tension seems to have released in my left big toe. However I still feel general tugging sensations in my feet, ankles, and legs.

My left forearm and back of my left hand continues to feel staticky sensations.

06/28/25

Noticed that the area in my left forearm right below my elbow feels somewhat numb and tight.

This seems to be causing a general sense of numbness and staticky sensations down my arm and the back of the hand that fluctuates in intensity.

07/03/25

After using the computer for a few hours, noticed that my right middle and ring fingertips would experience some tingling when rubbed

07/10/25

Got a 2nd round of trigger point injections. This time the lower back was also injected. Felt some mild relief from the injections in the legs/feet, however I can sense that it still did not resolve the underlying issue. I can still sense an unusual pressure in my feet/toes, around my ankles, and in my legs.

07/19/25

My left forearm feels tight despite not much use. Noticed that the upper part of my left palm is experiencing some tingling. Also the webbing of my left thumb and index finger is also experiencing some tingling, rubbing it exacerbates the tingling. Webbing of my left pinky and ring finger feels unusual nerve pressure again

07/22/25

Tailbone felt strange pressure and minor compressive pain (1-2 pain scale) while I was brushing my teeth.

07/25/25

The webbing of my left thumb and pointer finger seems to have stopped tingling

07/29/25

Did a nerve conduction test on my face at Las Vegas Neurology Center. After the testing my mouth felt a bit numb and some wet sensations.

I seem to be getting bug bites on my left foot, resulting in itchiness, which somewhat mutes the unusual nerve symptoms.

08/03/25

Noticed my left shoulder trapezius feeling tense. My left foot feels staticky

08/08/25

Received more trigger point injections. Symptoms remain in flux.

Noticed I started experiencing a mild headache and mild aching pain in the back of my neck

08/10/25

Wet sensation in the corners of my mouth is prominent today.

08/11/25

Noticing that the right side of my left knee is experiencing a patch of mild tingling when sitting down sometimes

08/13/25

Noticed a numbness and minor tingling in my left butt cheek after work

08/15/25

Woke up and noticed a new abnormal sensation at a new part of my right foot.



Sometimes when I walk or exert pressure on my heel, I experience a deep poking sensation at that specific point. It kinda feels like that area is tearing. Upon closer examination, some of grooves of the skin at that location are white and dried out, so maybe this is the skin ripping

apart. The sensation is not painful but it is not something I've experienced before. It started after waking up and continues until going to bed.

08/16/25

The unusual poking sensation in my right foot disappeared after waking up. However my left metatarsals began to sometimes experience a slight stabbing pain and very mild tingling when walking. Also the left side of my left shin up to my knee is experiencing sporadic pricking.

08/19/25

Woke up feeling my right upper forearm feeling a strange pressure. The pressure disappeared the following day.

08/21/25

Woke up and noticed that the upper half of the bottom of my left foot would experience mild paresthesia when taking steps.

08/26/25

Symptoms feel mildly better today. Though there's a prominent tingling/poking sensation in the tip of my left big toe, just below the toenail.

09/07/25

Noticed when walking the left side of my left foot would experience a minor compression pain. This went away within a few hours

09/09/25

Underwent more trigger point injections. Unsure of the efficacy of these injections. Shortly after getting some injections in the back of my neck, the area around my lips feels slightly numb. Sensations in the feet remain the same.

09/11/25

Noticed a pricking and tugging sensation in the pad of my left thumb

Current Symptoms Experienced

Feet and Toes

- Uncomfortable and persistent nerve sensations that fluctuate in severity in the webbing and the base of the toes of both feet (largely excluding the big toes), and also sometimes in various areas at the bottom and the sides of the feet. Affected areas depicted in diagram below

- Mostly painless, persistent digging sensation and staticky fuzz sensation that feels different from typical paresthesia, also nerve stretching sensation
- Sensation in the webbing of the toes feels like something is constantly pressing against the nerves. An unusual combination of digging, cold/wetness, and stretching. This sensation feels “disgusting”
- Mild weakness in feet and toes
- Sitting or squatting exacerbates the symptoms
- Walking sometimes results in mild-moderate paresthesia and slight numbness in the bottom of the left foot
- Walking in the right foot sometimes results in mild paresthesia between the 2nd and 3rd toes when those two hit the ground
 - Scratching the 2nd and 3rd toes in my right foot sometimes triggers mild-moderate paresthesia
- Will infrequently experience a stretching, shooting, or sharp pain (1-2 scale) in affected areas
- Bubbling sensation in affected areas that last briefly, also beginning to feel more like spasms in the toes and feet
- Pulling the 2nd toe on my left foot towards the right while spreading the rest of my toes results in a “snapping” sensation in the webbing of the 2nd and 3rd toes. Painless but certainly abnormal. The right toes do not respond in this way.
- Shooting water with the showerhead to wash my feet results in the top part of my left foot feeling tingling after shutting the water off, which lasts for about a minute.



Legs

- Uncomfortable nerve sensations along the legs that are infrequent and come and go
 - Mild weakness
 - Mild nerve pressure, poking, pricking, stretching, and other uncomfortable sensations
 - Sometimes (very infrequent) mild pain

06/16/25

- Started to feel a band of static that surrounds my ankles
- Aggressive, but inconsistent pricking sensations that go along my shins, kneecap, calves, and hamstrings

Hand and Fingers

- Uncomfortable nerve sensations in the webbing of both hands between the pinky, ring, and middle finger that fluctuate in severity
 - Left side is more intense than the right
 - Mild paresthesia when rubbing the webbing
 - Mild nerve discomfort
- Once every few weeks or once a month, randomly would wake up to the entirety of my ring and pinky fingers going completely numb and could not individually flex them, on either hand
 - After waking up, would quickly regain feeling and muscle control
 - Seemingly no lasting effects?
- Sometime in July, I accidentally struck my left hand's flexor carpi ulnaris with moderate force on a surface and noticed that a large region of the webbing in between the ring and pinky finger experienced moderate-severe paresthesia momentarily
 - This region sometimes experiences a mild stretching/cutting pain (1-2 scale) when stretching it or pulling on the connected fingers. Not predictable and fluctuates day to day

Back

- Uncomfortable nerve sensations along the lumbar spine up to the thoracic spine
 - Infrequent pinching sensations
 - Infrequent generally staticky sensations that don't feel like typical paresthesia
 - Infrequent moments of pain (1-2)
 - Sitting, squatting, and lying down sometimes exacerbates symptoms

Neck and Shoulder

- Symptoms have either entirely or mostly gone away, after straining my left shoulder/arm (such as via pulling something with more effort than usual), I will experience minor discomfort/stretching in the shoulder/neck region that does not match the feeling in my right side when that side undergoes the same type of exertion. This discomfort only lasts a few days but the discrepancy between the left and right side seems abnormal.
- **As of 02/22/25, the symptoms in my neck have returned with a seemingly greater affected area. Various parts of my neck feel slightly numb, with these sensations extending to my face around the mouth and cheek bones.**
- The nerve discomfort in my hands could possibly stem from this same impingement (potentially at the C7-T1 level)

Test Results and Lab Work

- On **05/16/24** Got X-rays of neck and spine that confirmed no stenosis
- On **06/21/24** received lumbar spine MRI report
 - Large spinal canal
 - Confirms no stenosis

- Confirms no disc degeneration
- Says “no significant” herniations or bulges
- MRI report says L4-L5 and L5-S1 disc margins are touching the nerves
- On **9/27/24** got an MRI of the entire spine
 - Thoracic spine came back completely clean
 - Cervical spine: no nerve impingement detected
 - C4-C5 and C5-C6 have diffuse disc bulge
 - C5-C6 also is desiccated
 - Lumbar Spine: no nerve impingement detected
 - “Minimal” disc bulge at L4-L5
- Got various blood panels on 7/22/24 and 8/26/24 which came back clean aside from a few readings

^ ⚠ SJOGREN'S ANTIBODY (SS-A)			
		CURRENT	OVER TIME
SJOGREN'S ANTIBODY (SS-A) ? Reference Range: <1.0 NEG AI		2.6 POS	
		CURRENT	OVER TIME
SJOGREN'S ANTIBODY (SS-B) ? Reference Range: <1.0 NEG AI		<1.0 NEG	

- Vitamin B6 plasma came back abnormally high, but that is due to taking B complex supplements daily, which I have reduced the frequency of taking since receiving these results
- On **11/01/24** did a skin biopsy to check for small fiber neuropathy. The report came back normal and does not give a definitive confirmation of small fiber neuropathy.
- On **04/02/25** and **04/15/25** did MRIs of the brain/inner auditory canal, and spine.
 - Brain MRI came back completely normal
 - Thoracic came back clean (there's some motion artifacts)
 - Lumbar came back clean
 - Cervical (some motion artifacts)
 - C4-C5 and C5-C6 show a stable broad disc protrusion, as well as a stable mild right foraminal narrowing

Current Concerns

- Symptoms in legs and feet have not been improving and have arguably been worsening.
- Suspecting idiopathic small fiber neuropathy given the location and manner of progression of the symptoms, however the skin biopsy results came back normal.
- Sjogren's Syndrome? However I'm unsure if I experience the typical symptoms
- With the exception of the neck and left shoulder area, overall symptoms have shown very limited improvement

- Morton's Neuroma?
- Metatarsalgia?
- Tarsal Tunnel Syndrome?
- Piriformis Syndrome? Deep Gluteal Syndrome?
- Myofascial Myalgia?
- These persistent sensations, although almost entirely painless, affect my ability to focus, stress levels, and prevent me from going about my day normally because certain sitting positions and physical exertion will exacerbate the symptoms. As a professional pianist and piano teacher this is problematic. The constant abnormal discomfort is very hard to ignore and is always at the forefront of my mind and the current lack of an explanation for cause is unsettling.