

# 손발저림의 진단과 치료

## Diagnosis and Treatment of Tingling Sensation on Hands and Feet

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### Abstract

Tingling Sensation on Hands and Feet is one of common sensory symptoms, which is frequently associated with not only peripheral nerve disorders, including polyneuropathies, entrapment neuropathies (carpal tunnel syndrome or tarsal tunnel syndrome) and radiculopathies, but also stroke or peripheral vascular diseases. Despite numerous conditions causing acroparesthesia, characteristic symptoms and signs of each category can afford to inform the critical differentiating clues like followings glove - stocking paresthesia in polyneuropathy, dermatomal radiating paresthesia in radiculopathy, sensory level in myelopathy, and crossed paresthesia in brain-stem lesion. In this review, diagnostic and therapeutic approach to acroparesthesia is schematically described. In addition, neuropathic pain, a special type of pain or unpleasant feeling caused by partial/complete denervation of sensory nervous systems, as one of common causes of acroparesthesia, will be discussed.

**Keywords :** Acroparesthesia; Peripheral neuropathy; Neuropathic pain

핵심용어 : ; ;

(Tingling Sensation on Hands and Feet)

‘ (tingling or paresthesia) ’  
(neuropathic pain)

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(1). (International Association for the Study of Pain, IASP)

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(1, 2).

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(spontaneous pain), (hyperalgesia), (allodynia), ,

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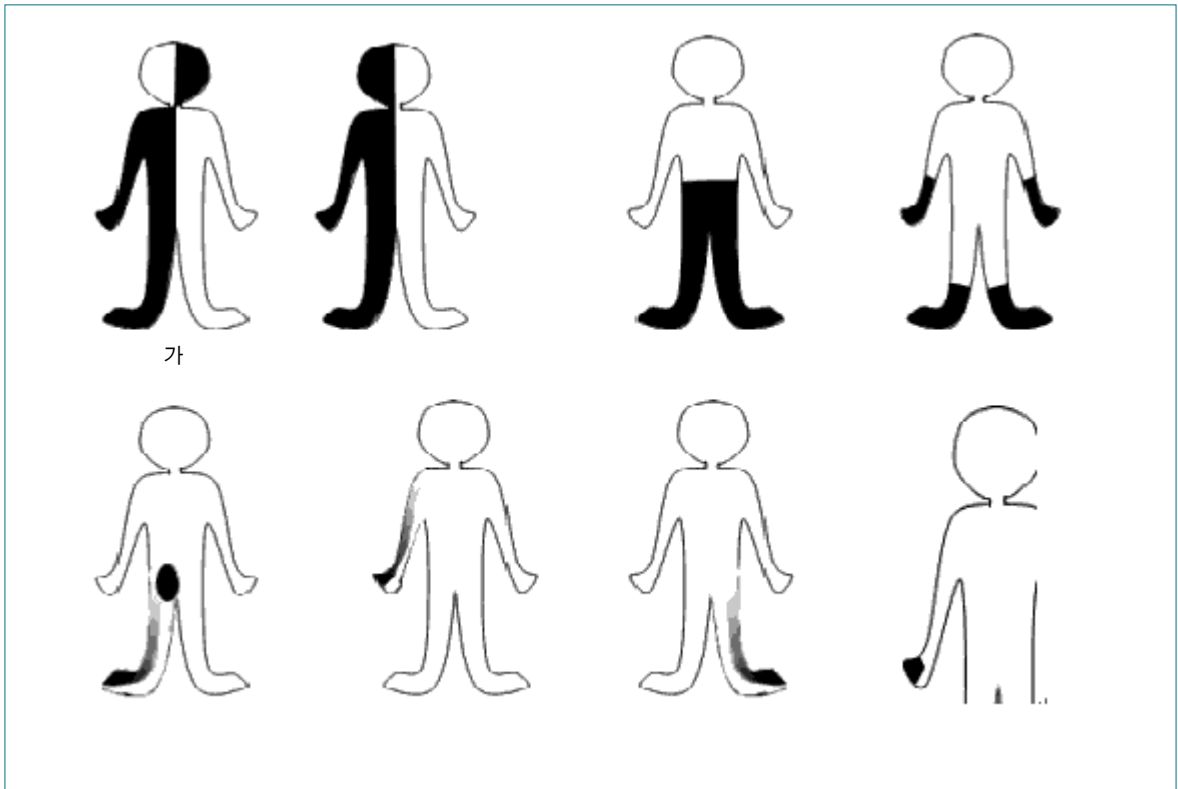
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(cauda eqina)

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(nerve root),

(plexus)

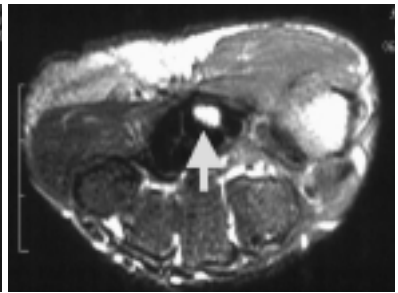
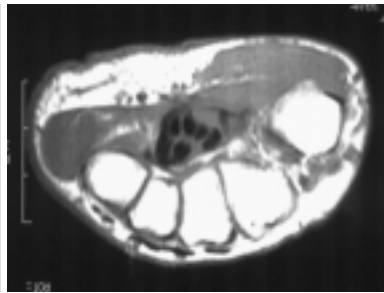
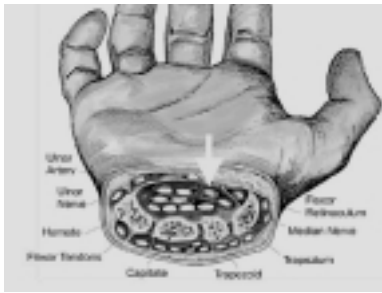
(periphe-ral nerve)

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(Radiculopathy)  
(Peripheral Neuropathy)

3가



T2 : T1 : T2 (5).  
2.

가 (Mizuno test) (Carpal Tunnel Syndrome)

( : Lyme , sarcoid) 가 가 가

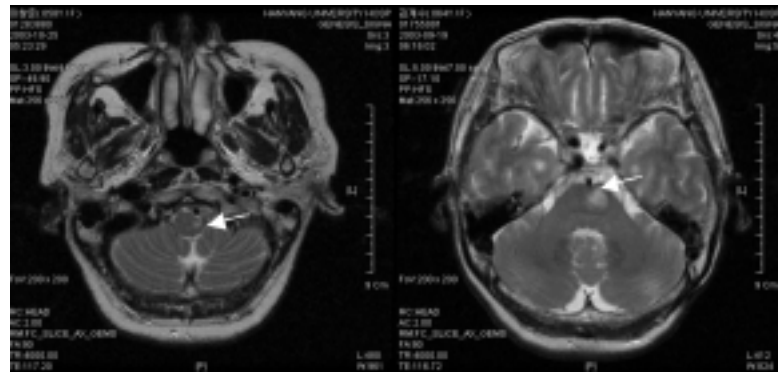
가 (dermatome) 가

Spurling

Phalen's test Tinel

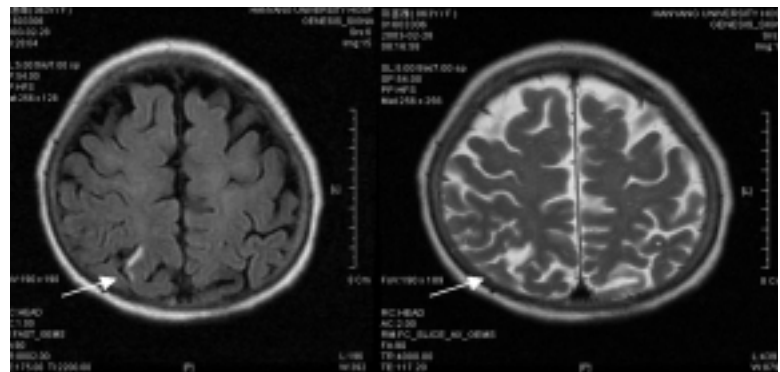
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(shoulder abduction relief sign),



3.

MRI



: FLAIR

: T2

4.

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(lateral medullary syndrome, Wallenberg syndrome)

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MRI 가

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 MRI  
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 (paraspinal muscle)  
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 (dorsal root ganglia) 가  
 (preganglionic fiber)가  
 , (postganglionic /  
 fiber)  
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(10, 11).

(Carbamazepine; 1,200mg/day  
가 , Phenytoin; 300mg/day,  
Gabapentin; 300~1,800mg/day) Tricyclic  
antidepressants(75mg/day )  
가 가 (12).

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(3). 

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