



**I am on pd, spinal cord stimulator by fdx, and immunotherapy. lately I am having difficulties standing up, putting pants on with pretty severe pain in my groin area that happens when I have to lift legs up also difficulty getting in or out of a car. is this a side effect of one or more of my medical conditions and what steps can I to alleviate the pain?**

Pain in the groin area during standing, leg lifting, dressing, or entering/exiting a car can stem from Parkinson's disease (PD), potentially worsened by your spinal cord stimulator (SCS) or immunotherapy. PD often causes musculoskeletal pain from rigidity, dystonia, or posture changes affecting the lower body, while SCS may lead to leg/groin discomfort if stimulating nearby nerves incorrectly, and immunotherapy can trigger muscle/joint inflammation.<sup>[1] [2] [3] [4]</sup>

### **Possible Causes**

PD rigidity and dystonia frequently produce pain in the hips, legs, or groin during movement, exacerbated by morning stiffness or medication fluctuations.<sup>[1] [5] [2]</sup> SCS side effects include shooting leg pain or weakness from improper nerve stimulation or implant positioning.<sup>[3] [6]</sup> Immunotherapy may cause myalgia or arthralgia in muscles/joints, including lower body, due to immune-related inflammation.<sup>[4] [7]</sup>

### **Alleviation Steps**

Consult your neurologist or pain specialist promptly to adjust PD meds, SCS programming, or immunotherapy dosing, and rule out unrelated issues like hernia.<sup>[8] [2]</sup> Physical therapy focusing on stretching hip flexors and strengthening can improve mobility; try seated dressing with elastic-waist pants, sock aids, or long-handled reachers.<sup>[9] [10]</sup> Heat/ice packs, over-the-counter anti-inflammatories (if approved), and timing activities for "on" medication periods may provide relief.<sup>[2] [9]</sup>



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