

- Nerves

WHAT IS 'PINS AND NEEDLES'?

The numb sensation of your leg 'going to sleep' isn't caused by cutting off the blood circulation. Instead it's the pressure on the nerves that is responsible. This squeezes the insulating sheath around the nerve and 'shorts it out', blocking nerve transmission. When the pressure is released, the nerves downstream from the pinch point suddenly all begin firing at once.