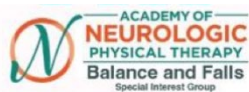


Balance Rehabilitation for Peripheral Neuropathy

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Fact Sheet

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What is Peripheral Neuropathy?

Peripheral Neuropathy is a condition that damages the nerves outside the brain and spinal cord, often starting in the hands and feet. Symptoms typically include numbness, tingling, and pain, which may worsen over time. It can be caused by diabetes, chemotherapy, metabolic disorders, or unknown factors.

How does Peripheral Neuropathy affect my balance?

Peripheral neuropathy affects balance by damaging the nerves that send signals from your feet and legs to your brain. This damage can make it difficult to feel your feet and know where they are, leading to unsteadiness and an increased risk of falling.

Why should I go to physical therapy?

- Physical therapy has been shown to increase quality of life, improve balance, reduce pain and/or numbness.

What will I do in physical therapy?

- First, you'll have an assessment that includes evaluating your balance using standardized outcome measures. Your physical therapist (PT) will then use these results, along with your goals, to create a personalized treatment plan.
- Then you will actively participate in activities including:
 - Balance training
 - Strengthening
 - Aerobic exercise
 - Nerve gliding techniques
 - Possible evaluation for use of an ankle brace
- Your PT will regularly reassess your balance and monitor your progress toward your goals.

What else should I do at home?

- Home exercise program prescribed by your PT
 - Adults need at least 150 minutes of moderate-intensity physical activity a week, such as 30 minutes a day, 5 days a week.
- Adults also need 2 days of muscle-strengthening activity each week.

Consult a PT to help manage imbalance due to peripheral neuropathy. They offer exercises to improve stability and reduce the risk of falls.