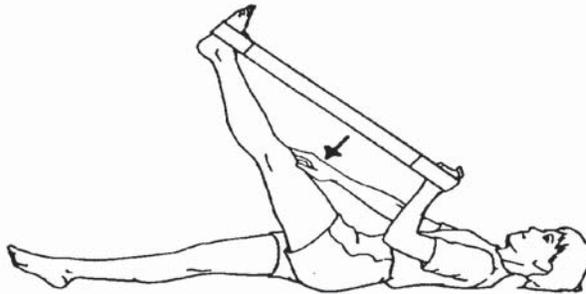


Exercises for Peripheral Neuropathy

Here are exercises you can do to help manage the side effects from peripheral neuropathy.

Hamstring Stretch

- Hook a belt, sheet, or towel around your foot. While lying down on your back, lift your leg to a 90 degree angle or as far up as possible. Keep your knee straight.
- Hold this position for 30 seconds and then release. The opposite leg should stay straight on the bed or floor. Repeat the same exercise with the opposite leg.
- Do this exercise _____ times.



Knee to Chest Stretch

- Lie down on your back with your legs out straight. Bring your right leg up towards your chest. Place your hands behind the right knee to help pull the knee closer to your chest. Hold 30 seconds. Lower your right leg to the start position and repeat the same exercise with the left leg.
- Do this exercise _____ times.



This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

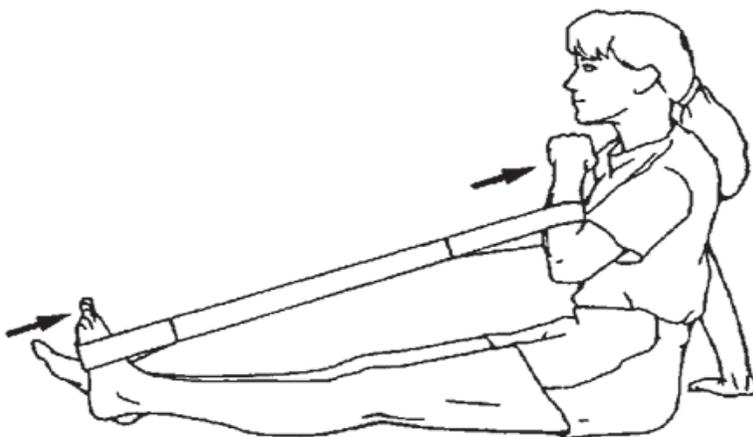
Sciatic Nerve Glide

- Pull your right knee towards your chest. Bend your right knee and gently lift your leg so your knee goes straight. Once you feel a little tension in your leg, put your leg back down to the bent position.
- Do this exercise _____ times.



Calf Stretch

- Sit with your back against the wall or the headboard of the bed.
- Hook a belt, sheet, or towel around the top of your right foot and pull the foot up towards your body. The right knee should stay straight. Hold 30 seconds. Repeat this exercise with the left foot.
- Do this exercise _____ times.



ABC's—Ankle Range of Motion Exercises

- Use only your ankle and foot to “write” each letter of the alphabet from A to Z. Keep leg straight. Do not bend knee or hip.
- Do this exercise _____ times.



Toe Curls

- Pull your toes down to make a fist with your foot. Curl your toes and grab a towel.
- Hold this position for 2 to 3 seconds and then release.
- Do this exercise _____ times.



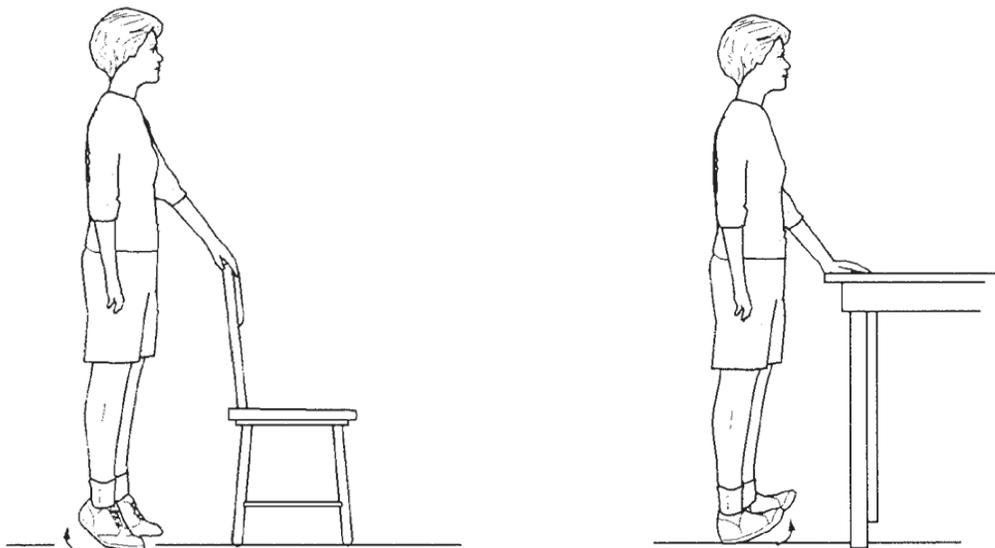
Toe Splays

- Sit with your knees bent and feet on the floor. Pull your toes up toward your body as much as possible and spread your toes apart.
- Let your toes relax and then repeat.
- Do this exercise _____ times.



Bipedal Toe and Heel Raises

- Stand in front of a counter, sink, or chair that is the same height as your waist.
- Place your feet shoulder width apart. Rise up on the balls of your feet. Return to start position and rock back on heels. Return to start position.
- Do this exercise _____ times.

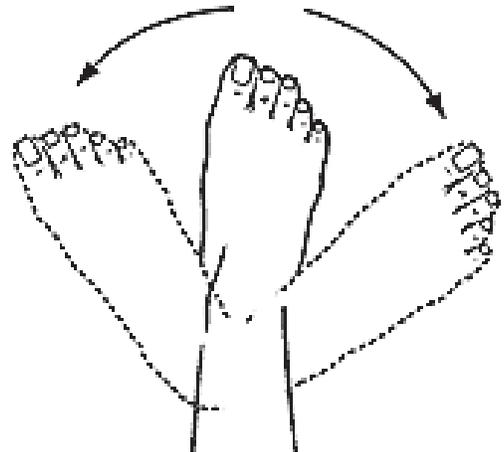


Unipedal Toe Raises and Heel Raises

- Stand with your feet shoulder width apart. Bend your right knee so your foot is off the floor.
- Lift up on the ball of your left foot. Return to start position and rock back on heels. Repeat this exercise with the opposite leg.
- Do this exercise _____ times.

Bipedal Ankle Inversion and Eversion

- While standing, move your ankles together side to side.
- Do this exercise _____ times.



Wall Slides

- Stand with your back against the wall. Keep your head, shoulders, and back against the wall with your feet out in front and slightly wider than shoulder width.
- Slowly lower your buttocks, sliding down the wall until your thighs are just above parallel to the floor. Keep your back flat.
- Hold this position for 5 to 15 seconds. Return to standing position.
- Do this exercise _____ times.



Unipedal Balance for Time

- Balance on one foot for 10 seconds. Do this 3 times for each leg.
- Do this exercise _____ times.

