

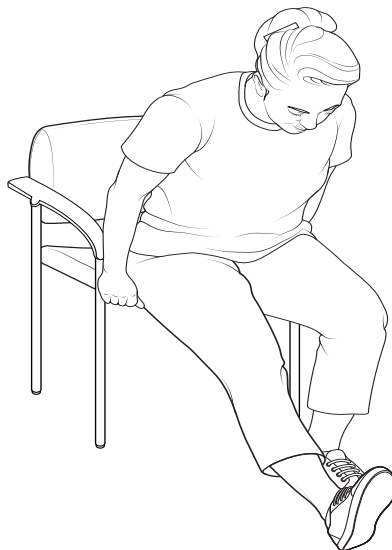
## Exercises for Peripheral Neuropathy

---

Here are exercises you can do at home to help manage the side effects from peripheral neuropathy. Your physical therapist may tell you to use a cane or walker to help with your balance.

### Hamstring Stretch

1. Sit at the front edge of a chair.
2. Put your leg out straight and point your toes up.
3. Keep the knee of your other leg bent.
4. Lean over your extended leg and reach towards your toes.
5. Hold this stretch for 30 seconds.
6. Repeat with your other leg.
7. 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.**

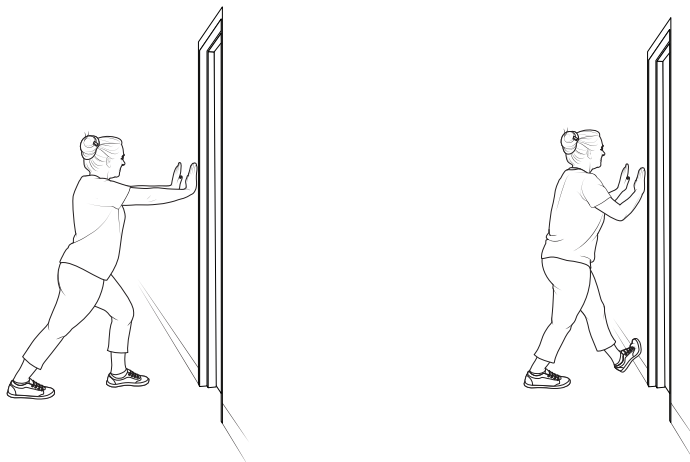
## Sciatic Nerve Glide

1. Lie down on your back with your legs out straight.
2. Pull your knee in towards your chest.
3. Slowly lift your leg so your knee goes straight. Move your foot up and down as if you were pushing down or letting up on a gas pedal in a car. Do this \_\_\_\_\_ times.
4. Slowly return your leg to starting position and repeat with your other leg.
5. Do this exercise \_\_\_\_\_ times.



## Calf Stretch

1. Place both hands on the wall with your arms out straight.
2. Lean into the wall with your front leg bent and your other leg out straight.
3. Push your heel down and your hips forward.
4. If you are able, prop your foot up against the wall. Keep your heel on the floor and point your toes up, touching the wall. Lean into the wall until you feel a gentle stretch.
5. Hold this stretch for 30 seconds.
6. Repeat with your other leg.
7. Do this exercise \_\_\_\_\_ times.



## ABC's—Ankle Range of Motion Exercises

1. Sit in a chair with your head up and back straight.
2. Keep your leg straight and do not bend your knee or hip. Use only your ankle and foot to “write” each letter of the alphabet from A to Z.
3. Repeat with your other foot.
4. Do this exercise \_\_\_\_\_ times.



## Toe Curls

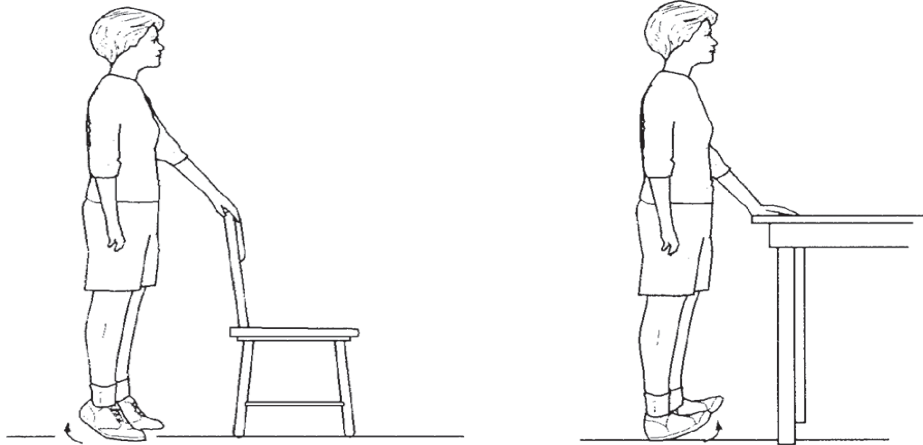
1. Sit in a chair with your head up and back straight. Spread a small towel on the floor in front of you.
2. Curl your toes down to grab the towel. Do not move your heel. Hold this position for 2 to 3 seconds.
3. Let go of the towel. Pull your toes up and spread them apart. Hold this position for 2 to 3 seconds.
4. Repeat with your other foot.
5. Do this exercise \_\_\_\_\_ times.



## Bipedal Toe and Heel Raises

1. Stand in front of a counter, table or chair that is at the level of your waist.
2. Move your feet shoulder-width apart. Rise up on the balls of your feet. Hold this position for 5 seconds.
3. Slowly return to starting position.
4. Rock back on your heels. Hold this position for 5 seconds.
5. Slowly return to starting position.
6. Do this exercise \_\_\_\_\_ times.

If this exercise is too easy, use one leg at a time to do the exercise.



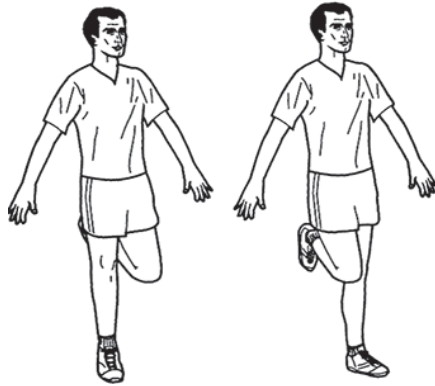
## Wall Slides

1. Stand up straight with your head, shoulders and back against the wall. Place your feet out in front of you, a little wider than shoulder-width apart.
2. Slowly lower your buttocks (bottom) to slide down the wall until your thighs are parallel to the floor. Keep your back flat.
3. Hold this position for 5 seconds.
4. Slowly return to standing position.
5. Do this exercise \_\_\_\_\_ times.



## Unipedal Balance for Time

1. Stand up straight. If needed, hold onto the counter, table or a stable chair to help you balance.
2. Slowly bend your knee to lift one leg off the floor. Balance on one foot for 10 seconds.
3. Slowly return to starting position.
4. Repeat with your other leg.
5. Do this exercise 3 times with each leg.



## Heel-Toe Touching

1. Stand up straight. Cross one foot in front of the other so that your heel of one foot touches the toes of your other foot.
2. Balance and hold this position for 10 seconds.
3. Repeat with your other leg.
4. Do this exercise 3 times with each leg.

If this exercise is too easy, your therapist may tell you to do the following during the exercise:

- Close your eyes
- Stand on a pillow or couch cushion
- Stand on a pillow or couch cushion with your eyes closed

