



Exercises for Peripheral Neuropathy of the hands and feet



www.exercisetherapyonline.com

Exercise Therapy

8/25/2016

Finger lifts

Place your hands palm down on your lap. Start with your right hand and lift your little finger away from your lap and pulse up for 2 and then place down. Then move to your ring finger. Work through all fingers and the thumb on both hands.



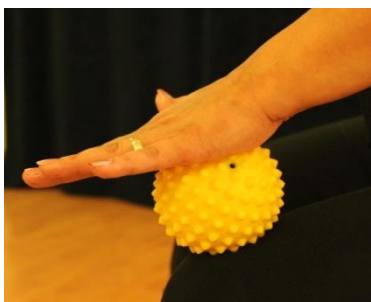
Ball circles

Place the ball between both palms and roll the ball circling one hand in one direction and the other in the opposite direction.



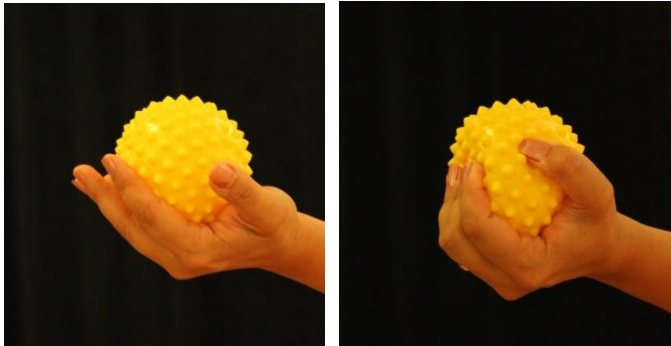
Ball rolls

Place the massage ball on your thigh with the palm of your hand on the ball. Roll the ball along your thigh gently pressing into the ball.



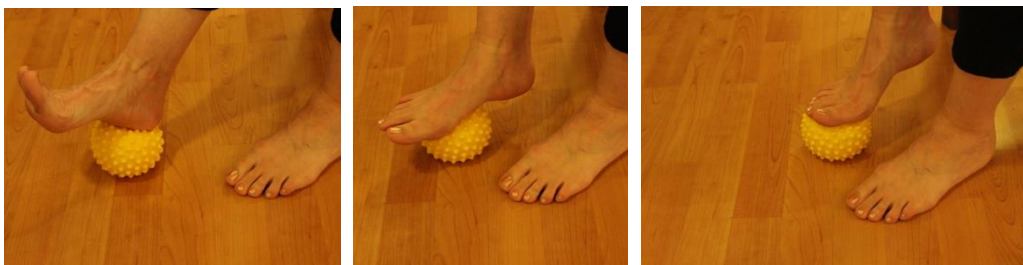
Ball squeezes

Hold the ball in one hand and gently squeeze the ball and release. Perform 5 times on both hands.



Ball Rolls under foot

In a sitting position place the massage ball under the foot. Roll the ball under the foot with a little pressure and then do the same on the other side. I suggest that you try this before going to bed for 10 minutes on each foot.



Toe and Arch Strength

Sit in a chair and place a towel or pillow case on the floor and use the feet to scrunch up the material the drop the material and stretch the toes out and start again. Try 10-15 on each foot.



Wave Toe Stretches

Sit on a chair with your feet flat on the floor, Start by lifting you big toe then try to lift each toe in turn until all toes are flexed to the ceiling. Relax and try on the other foot.

