

REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Peripheral Neuropathy – Managing Your Pain

Did You Know?

An estimated 30 million people in the U.S. suffer from some form of peripheral neuropathy. Peripheral neuropathy (PN) is not a single disease. It's a general term for a series of disorders that result from damage to the body's peripheral nervous system. PN occurs when nerves are damaged or destroyed and can't send messages from the brain and spinal cord to the muscles, skin and other parts of the body. PN often causes weakness, numbness and pain, usually in your hands and feet.

Can have no symptoms, but people may experience...

- Burning, tingling or sharp pain in the back, face, foot, hands, or thigh
- Muscle weakness and cramping
- Sensation of pins and needles
- Poor balance, slow reflexes



Tingling hand or feet

Tips for Self-Managing Your Pain:

- Maintain a well-balanced diet
- Avoid exposure to toxins
- Exercise and stretch often
- Take vitamin supplements
- Limit or avoid alcohol
- Buy shoes with shock absorbers and cushioned socks
- Drink lots of water to improve circulation
- Talk with your doctor about prescription drug options

How Can Therapy Help?

There are many options available for treating peripheral neuropathy. The most effective ones address the underlying cause. Most often, the focus of treatment is on symptom control. Some people are helped by physical, occupational and speech therapy.

OCCUPATIONAL THERAPY

- Improve Motor Skills
- Regain Sense of Independence
- Enhance Recovery & Outcome
- Prevent Secondary Complications
- Restore Confidence & Happiness

PHYSICAL THERAPY

- Prevent Long-term Pain
- Improve & Gain Full Range of Motion
- Increase Ability to Move & Perform Activities
- Relieve Muscle Tension
- Electrical Stimulation for Pain Management

SPEECH THERAPY

- Prevent Loss of Facial Muscle Control
- Improve Swallowing & Speech Capabilities
- Enhance Ability to Express Thoughts & Feelings
- Relieve Emotional Tension Caused by Physical Issues or Mental Stress

Parkview Haven Retirement Community
101 Constitution Drive
Francesville, IN 47946

(219) 567-9149 www.parkviewhaven.com email: administrator@parkviewhaven.com

