



Exercise and Neuropathy

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The Goals of Exercising with Neuropathy

- Strengthen muscles
- Preserve range of motion
- Improve balance
- Increase blood flow which may help pain



Best Types of Exercise

- Cardiovascular Exercise
 - Swim
 - Bike
 - Walk
- Strength
 - Resistance training
 - Body weight exercises
- Flexibility
- Balance

Exercise Recommendations

Frequency	Time	Aerobic Activity	Example
5 times per week	30 minutes (60-90 minutes for weight loss)	Moderate- Intensity Aerobic Activity 60-70% of Max Heart Rate	Brisk Walking or Biking, Swimming, etc.
+			
2 times per week	Strength Training	Weight Lifting (bands, dumbbells, etc.)	Major Muscle Groups
Flexibility	Stretch each major muscle group 2-3 times a week by holding each stretch 10-30 seconds with no bouncing. Daily stretching is recommended		



Exercises at Home

- Neck rolls
- Shoulder rolls
- Wrist flex and extend
- Finger taps
- Arms reach
- Torso circles
- Torso twist
- Seated marching
- Seated leg extension
- Ankle rolls
- Toe taps
- Toe alphabet
- Heel raise, toe raise
- Knee circles
- Hip circles
- Standing calf raise
- Standing knees
- Standing hamstring
- Standing squat



Where to Start?

- Listen to your body
- Strive for movement without misery
- Ask your doctor before beginning a new program



Questions?