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

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