

Welcome To

NEURO PHYSICAL THERAPY & SPORTS MEDICINE, LLC



Do You Suffer From Neuropathy?

Peripheral neuropathy is a condition involving damage to the communication network of nerves from the brain and spinal cord to all other parts of the body resulting in burning, sharp, or "electric-like" pain, sensory nerve damage changing sensation, and motor nerve damage altering muscle activity. The symptoms of neuropathy can vary from mild to disabling. It can take days, weeks, or years for symptoms to develop, and can improve over time though many do not.

In the United States, more than 20 million people have been estimated to have some form of peripheral neuropathy. In most instances, neuropathy can be acquired through a variety of causes including: physical injury, diabetes, vascular and blood problems, autoimmune diseases, kidney and liver disorders, certain cancers and benign tumors, chemotherapy drugs, or infections.

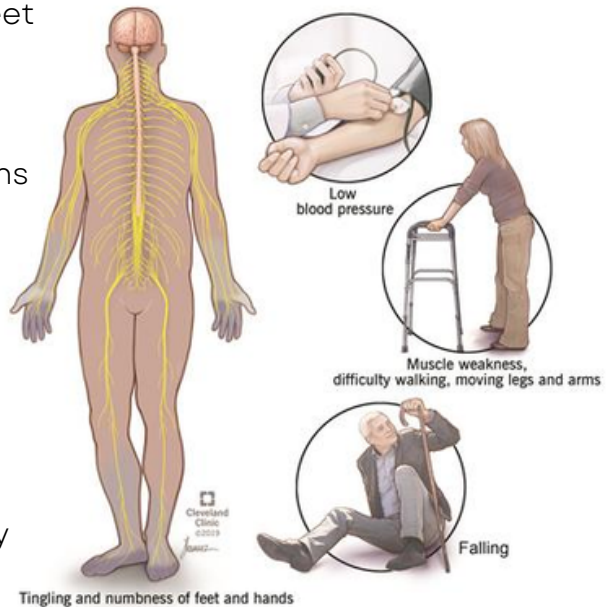
How We Can Help

Some symptoms of peripheral neuropathy can be reduced through treatment by a physical therapist. An individual's quality of life can be improved by reducing the neuropathy symptoms that effect movements and activities.

At Neuro Physical Therapy, our physical therapists approach neuropathy by providing nerve gliding activities, moderate-intensity exercises, and activities to improve balance and coordination. We also focus on safety precautions such as bracing to protect injured nerves or to help you move safely and provide patient education on how to safely manage neuropathy.

Signs & Symptoms of Neuropathy

- burning pain radiating in hands or feet
- pins and needles in the extremities
- numbness and tingling
- weakness in arms and legs
- knotted feeling in the soles and palms
- pain from the lightest touches
- difficulty walking
- pain from the pressure of walking
- balance problems
- inability to grasp with the hands
- cramping of the feet
- fingers twisting and locking
- pain when twisting the wrists
- hands and feet feeling tired or heavy
- night pain and sleep difficulty
- restless legs and feet



How is Neuropathy Diagnosed?

Medical History: A doctor will ask questions about symptoms and any triggers or relieving factors throughout the day and family history of neurological diseases.

Physical and Neurological Exams: A doctor will look for any evidence of body-wide diseases that can cause nerve damage. A neurological exam includes tests that may identify the cause of the neuropathic disorder.

Body Fluid Tests: Various blood tests can detect diabetes, vitamin deficiencies, liver or kidney dysfunction, other metabolic disorders, infections and signs of abnormal immune system activity.

Genetic Tests: Gene tests are available for some inherited neuropathies.

Sensory nerve damage



Unusual sensations



Pain from light touch



Burning



Numbness

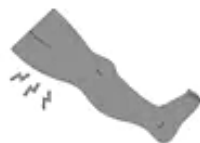


Tingling



Balance problems

Motor nerve damage



Muscle cramping



Twitching



Reflex abnormalities

Autonomic nerve damage



Excess sweating



Heat intolerance



Getting full quickly



Impotence



Orthostatic hypotension
(dizziness or fainting after standing up)

Neuropathy Causes

Most cases of neuropathy are either acquired, meaning the neuropathy or the inevitability of getting it isn't present from the beginning of life, or genetic.

The 3 types of nerve fibers disrupted in varying degrees:

Sensory nerves transmit information such as the feeling of a light touch, temperature, or the pain from a cut.

Motor nerves control the movement of all muscles under conscious control, such as those used for walking, grasping things, or talking.

Autonomic nerves control organs to regulate activities that people do not control consciously, such as breathing, digesting food, and heart and gland functions.

What is a Pain Diary?

A pain diary is a way to help cope with pain from neuropathy. Tips for a pain diary:

Write down and share information about your pain with your provider.

Note important information that could be useful to the provider.

Try a non-drug treatment to decrease your pain, be sure to note in your pain diary the impact of the treatment on your pain.