

# Advance Neuropathy Exercises

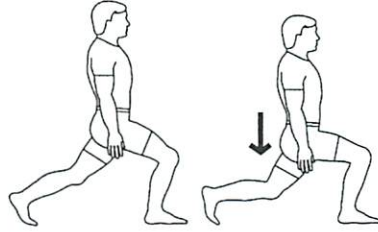
## Trampoline Cardio



Perform 5 sets of 1 Minute, once every other day.

Use Trampoline.  
Rest 1 Minute between sets.

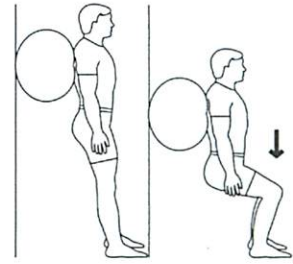
## Lunge Squat



Perform 2 sets of 15 Repetitions, once every other day.

Rest 1 Minute between sets.

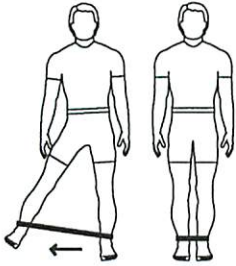
## Ball Squat



Perform 2 sets of 15 Repetitions, once every other day.

Use Ball.  
Rest 30 Seconds between sets.

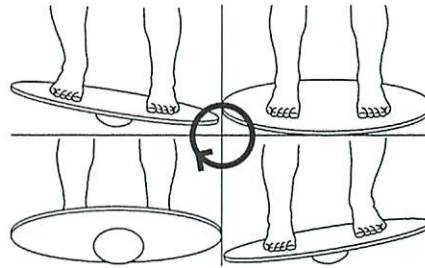
## Resisted Sidestep w/Theraband



Perform 2 sets of 10 Repetitions, once every other day.

Use red Elastic.  
Rest 1 Minute between sets.  
Rest 1 Minute between sets.

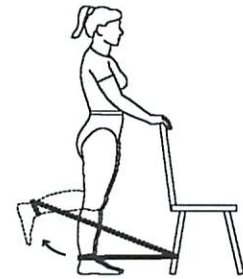
## Wobble Board Exercise



Perform 3 sets of 1 Minute, once every other day.

Use Wobble Board.  
Rest 1 Minute between sets.

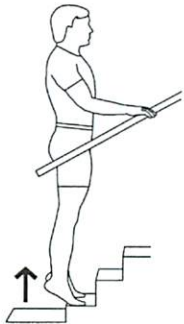
## Resisted Knee Flexion



Perform 2 sets of 10 Repetitions, once every other day.

Use red Elastic.

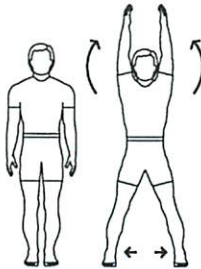
## Ankle Raises



Perform 2 sets of 15 Repetitions, once every other day.

Rest 1 Minute between sets.

## Jumping Jacks



Perform 2 sets of 20 Repetitions, once every other day.

Rest 30 Seconds between sets.

## Torso Twist



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 20 Seconds.

**These exercises are to be used only under the direction of a licensed, qualified professional.**