

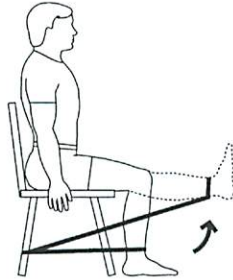
# Neuropathy Exercises for Unstable Patients (Poor Balance)

## Recumbent Bike



Perform 1 set of 20 Minutes, once every other day.

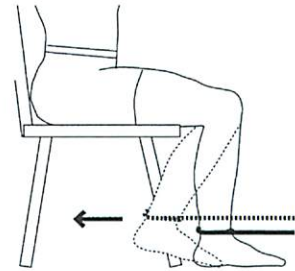
## Knee Extensions



Perform 3 sets of 10 Repetitions, once every other day.

Use yellow Elastic.  
Rest 1 Minute between sets.

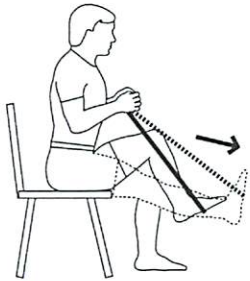
## Knee Flexion



Perform 3 sets of 10 Repetitions, once every other day.

Use yellow Elastic.  
Rest 1 Minute between sets.

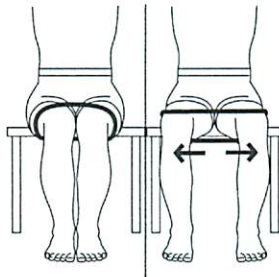
## Resist Knee Press



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

Use yellow Elastic.  
Rest 1 Minute between sets.

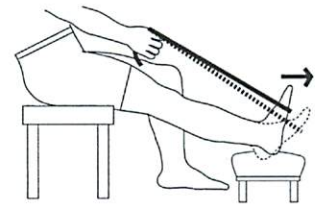
## Hip Stabilizer



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

Use yellow Elastic.  
Rest 1 Minute between sets.

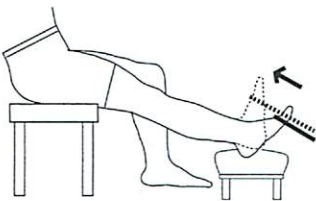
## Ankle Extension



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

Use yellow Elastic.  
Rest 1 Minute between sets.

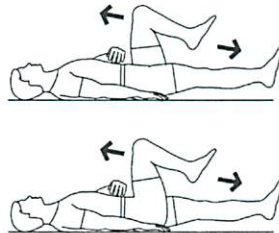
## Ankle Flexion



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

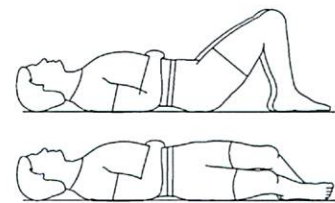
Use yellow Elastic.  
Rest 1 Minute between sets.

## AROM abdominal/lumbar training AROM lumbar rotn supine



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

Rest 1 Minute between sets.



Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.