

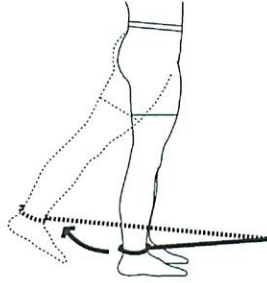
# Neuropathy Exercises for People with Stable Balance

## Daily Walking



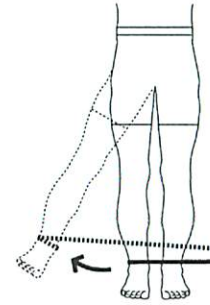
Walk 15 - 30 Minutes daily based on tolerance.

## Hip Extensions



Perform 2 sets of 10 repetitions, once every other day.  
Use yellow Elastic Theraband.

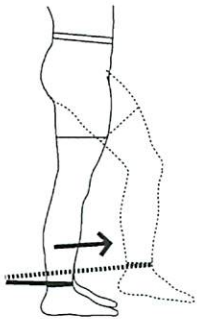
## Hip Stabilization



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

Use yellow Elastic Theraband.

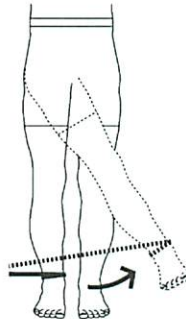
## Hip Flexion



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

Use yellow Elastic Theraband.

## Inner Hip Exercise



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

Use yellow Elastic Theraband.

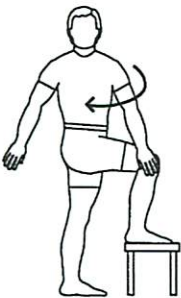
## Ankle Raises



Perform 2 sets of 15 Repetitions, once a day.

Rest 1 Minute between sets.

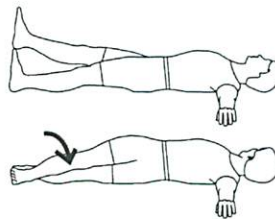
## Trunk Stretch



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 20 Seconds.

## Torso Rotation



Perform 2 sets of 1 Repetitions, twice a day.

Hold exercise for 20 Seconds.

## Standing March



Perform 2 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.