



### BRISK WALKING

Start a walking program. This simplest of exercises is also one of the best for neuropathy and nerve pain. It's like jogging but with way less impact on your feet. You can do laps around the mall, explore the neighborhood, or hit the treadmill.

**Duration** 30 Minutes  
**Perform** 3 Times a Week



### STATIONARY BIKE

Instead of walking, consider cycling. Concentrate on exercises that keep your heart rate up while minimizing the risk to your feet from impact forces.

**Duration** 30 Minutes  
**Perform** 3 Times a Week

Video # VVCHCJGEJ



### STANDING CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

**Repeat** 1 Time  
**Hold** 20 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Video # VVNCZDYYG



### Plantar Fascia Stretch

Standing with your foot against the wall, push your toes down and into the wall slightly. You should feel a stretch in the arch of your foot.

**Repeat** 1 Time  
**Hold** 20 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

**Repeat** 1 Time  
**Hold** 20 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day

Maintain a straight spine the entire time. Bend through your hips.

Video # VVGZ8RSZ



### SQUAT - SUPPORTED WITH CHAIR FOR SAFETY

Place a chair behind you for safety.

**Repeat** 15 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Do not sit down. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Video # VVLLVUGLD



### DOUBLE LEG HEEL RAISES WITH SUPPORT - CALF RAISES

While standing next to a chair or countertop for support, raise up on your toes as you lift your heels off the ground. Return your heels to the floor and repeat.

Video # VV446LPRP

**Repeat** 15 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### SINGLE LEG STANCE

Stand on one leg and maintain your balance. Have a chair or other more sturdy object like a countertop or sink if needed to support your balance and safety.

Video # VVBTAEFE7

**Repeat** 1 Time  
**Hold** 15 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### TANDEM WALK

Stand next to a countertop for safety. Stand with one foot directly in front of the other so that the toes of one foot touches the heel of the other as shown in the image.

Progress by taking steps with your heel touching your toes with each step as shown in video.

Maintain your balance.

Video # VVGVB4E6Z

**Repeat** 15 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### Side Step

#### SIDE STEP

Find a place in your home where you can hold onto something, such as a kitchen counter. Have a chair nearby if you need to take a break. Stand facing the counter. Take one step out to the side, then step with the other foot to bring your feet together. Continue side stepping 10-12 ft.

**Repeat** 12 Times  
**Complete** 3 Sets  
**Perform** 1 Times a Day



### TANDEM STANCE WITH SUPPORT

Stand next to a chair, table or counter top and hold on to it for support and safety. Place the heel of one of your feet so that it is touching the toes of your other foot. Maintain your balance in this position.

Video # VVLQGEHJ

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 3 Sets  
**Perform** 1 Times a Day