

Balance training

Peripheral neuropathy can leave your muscles and joints feeling stiff and sometimes weak. Balance training can build your strength and reduce feelings of tightness. Improved balance also prevents falls.

Beginning balance training exercises include leg and calf raises.

Side leg raise

1. Using a chair or counter, steady your balance with one hand.
2. Stand straight with feet slightly apart.
3. Slowly lift one leg to the side and hold for 5–10 seconds.
4. Lower your leg at the same pace.
5. Repeat with the other leg.
6. As you improve balance, try this exercise without holding onto the counter.

Calf raise

1. Using a chair or counter, steady your balance.
2. Lift the heels of both feet off the ground so you're standing on your toes.
3. Slowly lower yourself down.
4. Repeat for 10–15 reps.