

Neuropathy

Description:

Neuropathy is damage to the peripheral nerves which causes numbness, tingling or a burning sensation, usually in the hands or feet. A person with this malady in their feet needs to be extra careful to avoid falls. Neuropathy can also be found in other areas of the body. Common causes of Neuropathy include:

- Diabetes Mellites (Type II or Adult Onset)
- Auto-Immune Disease
- Toxin Exposure
- Medications
- Alcoholism
- Infections
- Metabolic Disorder
- Repetitive Motion (such as Carpal Tunnel Syndrome)
- Traumatic Injury

(Mayo, 2017)

The Annals of Indian Academy of Neurology reveals a scientific study of 20 participants with neuropathy who practiced yoga daily for 40 days. Tests conducted before and after the study showed significant improvement in hand nerve conduction tests, while the control group nerve conduction continued to decline. Additionally, glycemic levels were better controlled by those practicing yoga (Mishra, 2012).

Symptoms:

- Numbness, burning, pain or tingling typically in hands or feet
- Clumsiness, compromised balance, falls
- Muscular weakness or paralysis
- Inability to urinate
- Impaired sexual function

Benefits of Yoga	Precautions
Balance poses help to improve balance and lessen chance of falls.	Avoid repetitive motions without stretching breaks such as (computer) keyboarding and mousing.
Pranayama (breathing exercises) can help students deal with pain from Neuropathy.	Toxic exposure to chemicals, smoking or alcohol over indulgence.

Meditation Practice to help promote healing, relieve stress and lower cortisol levels.	Weight control to avoid metabolic syndrome which can lead to Type II diabetes.
Regular exercise such as yoga, minimum 3 hours/week to help improve circulation, build strength, reduce stress.	Check feet regularly. Decreased sensitivity in feet reduces tactile response, increasing likelihood of injury and decreased balance/fall prevention response.
Mindful eating to include foods that contain Vitamin B-12 – meats, fish, low-fat dairy, fortified cereals, supplements.	Students with neuropathy in their feet might want to practice with their shoes on for extra foot protection and balance.

Mini Flow:

- Cat/Cow
- Table to Hamstring stretch
- Broken toe pose
- Downdog (mat or against wall)
- Full forward fold – half lift – fold, bend knees and roll up
- Standing – Figure-8 foot trace (using wall for prop)
- Easy seated (mat or chair)
- Thread fingers in between toes: fingers hug toes, toes hug fingers
- Eagle (standing or chair, depending on ability)
- Hug single knee to chest – circle ankle – flex and extend toes
- Seated boat pose
- Savasana or Legs-Up-the-Wall

References:

Retrieved from: <https://www.mayoclinic.org/diseases-conditions/peripheral-neuropathy/symptoms-causes/syc-20352061>.

Mishra et al (2012) *The Therapeutic Value of Yoga in Neurological Disorders*, Annals of Indian Academy of Neurology, Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3548360/>.