

Peripheral Neuropathy

Diabetes:

- 18.2 million Americans are affected
- 7th leading cause of death in the U.S. in 2012
- Can result in stroke, heart attack, amputation, blindness and kidney failure, and peripheral neuropathy
- Affects 60-70% of Americans with diabetes

Peripheral Neuropathy:

- Damage to the nerves in the peripheral nervous system (PNS)
- Characterized by numbness, tingling, pain and/ or weakness
- Often lead to impaired balance and coordination
- May also be caused by physical injury to a nerve, tumors, toxins, autoimmune responses, nutritional deficiencies, alcoholism, vascular and metabolic disorders

Treatment option for neuropathy:

Infrared therapy

- Increases nitric oxide release in the blood
- Acts to relax the smooth muscles of arteries, veins, and lymph and this in turn increases blood flow
- Improved nerve function
- Decreased pain and inflammation
- Promoted wound healing

What to expect:

- 2-4 flexible diode pads are secured to the affected area via Velcro straps
- Plastic wrap is used on the affected area to prevent contamination of the pads between patients
- Last approximately 30 minutes
- Safe for people with metal implants, pacemakers and defibrillators
- Does not produce deep heat or electrical currents
- Notice only a minimal warming sensation during treatment
- Contraindications are pregnancy and overactive cancer
- Infrared helps reduce pain and improve protective sensation
- Results are typically experienced in 6-12, 30 minute treatments. When infrared is used in combination with balance training, studies have found a decreased incidence of falls.
- Balance retraining therapy used in conjunction with the infrared therapy can lead to improved sensation, better balance and enhanced overall daily function.