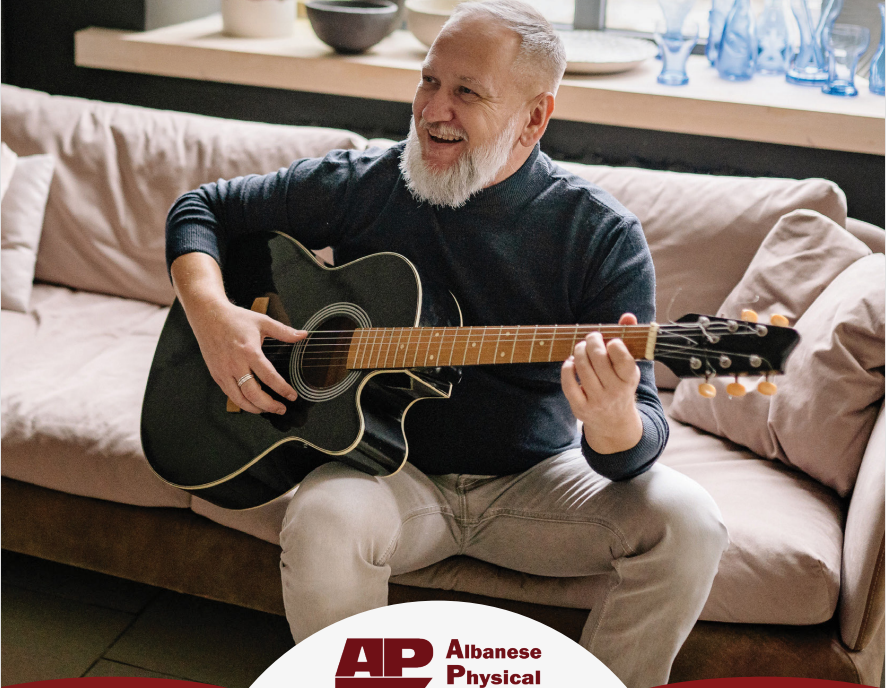


NEWSLETTER



UNDERSTANDING NEUROPATHY AND HOW PT CAN HELP

2024

How Do I Know If
I Have Neuropathy?

Feel Better By
Eating Better

Diabetic Neuropathy
And Fall Risk

ALBANESEPHYSICALTHERAPY.COM

(724) 419-8927



UNDERSTANDING NEUROPATHY AND HOW PT CAN HELP

Do you keep experiencing that “pins and needles” feeling in your extremities? When combined with other symptoms, like numbness and muscular weakness, that sensation can indicate neuropathy.

Neuropathy is an umbrella term for the various conditions that can develop when you suffer nerve damage. These conditions cause various symptoms and can significantly impact your quality of life.

Neuropathy often requires a multidisciplinary team to address the symptoms and underlying causes. Physical therapists are a crucial part of that team, helping to reduce pain and discomfort and improve muscle strength and function.

Keep reading to learn more about neuropathy; the signs and symptoms, common causes, and—most importantly—what Albanese Physical Therapy can do to help.

WHAT CAUSES NEUROPATHY?

Experts classify the nervous system into two parts:

- **The central nervous system**, which includes the brain and spinal cord.
- **The peripheral nervous system**, which refers to the vast network of nerves throughout your body that send messages to your central nervous system.

All neuropathy is caused by damage to the peripheral nervous system. The more important question is what causes that damage.

There are several reasons people develop nerve damage. Here are some of the most common:

- **Entrapments:** Sometimes, nerves get caught within bodily structures, leading to nerve damage. One of the most common examples is carpal tunnel syndrome, which affects the median nerve that runs through the forearm and into the hand.
- **Other Injury or Trauma:** You can injure a nerve just like you can a muscle, tendon, or ligament. Herniated discs will sometimes irritate the sciatic nerve, leading to symptoms in the leg. Osteoarthritis can sometimes contribute to nerve damage.
- **Autoimmune Diseases:** Several autoimmune conditions, including rheumatoid arthritis and Guillain-Barre syndrome, can impact your nerves.
- **Diabetes:** Diabetes is another common cause of neuropathy, as high blood sugar can cause nerve damage, particularly in the feet.



Questions for Rich: What can I expect on my first visit?

“During your initial visit, we conduct a comprehensive examination, discuss our findings with you, determine the optimal course of action, and initiate treatment. Typically, the first session lasts approximately one hour.”

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HOW DO I KNOW IF I HAVE NEUROPATHY?

Neuropathy symptoms can vary based on which type of nerve is affected. Sensory nerves allow you to feel different sensations, such as hot or cold temperatures. If affected, you might notice these symptoms:

- Numbness or tingling that starts in the fingers and toes and then gradually moves up the limb
- Burning or shooting pain
- Balance challenges
- A sensation that feels like wearing a sock or glove

Motor nerves control muscle movement. Damage to these nerves can cause the following symptoms:

- Muscular weakness or atrophy
- Painful cramps in the muscles
- Twitching sensation in the muscles

Autonomic nerves control your body's autonomic functions, such as breathing or digesting food. If affected, you might notice the following:

- Heat intolerance
- Excessive sweating
- Gastrointestinal symptoms

HOW PHYSICAL THERAPY HELPS MANAGE NEUROPATHY

Managing and treating neuropathy will vary depending on its cause. Someone who developed sciatic nerve pain due to a herniated disc may be able to resolve their discomfort with physical therapy alone. Someone with diabetic neuropathy will require a team of healthcare providers to fully manage their symptoms.

That said, physical therapy does play an essential role in reducing discomfort and other neuropathy symptoms. We'll work closely with you and other care team members to develop a personalized treatment program. Here are a few of the things we can do:

- **Manage Pain:** We offer an alternative to pain medication through all-natural techniques such as manual therapy.
- **Improve or Maintain Muscle Strength:** Targeted exercise can help improve (or maintain) muscle function.
- **Improve Balance:** If neuropathy affects your balance and stability, we can guide you through a program to help you stay on your feet.
- **Improve Overall Movement:** We'll also work with you to restore or maintain your overall mobility and day-to-day functionality.
- **Inform You On Your Condition:** Living with neuropathy is difficult—but the more you understand your condition, the better you can manage it. We'll discuss lifestyle changes and activity modifications to make life easier.

START YOUR JOURNEY TOWARD NEUROPATHY RELIEF TODAY!

Don't let neuropathy symptoms keep you from living your life. With a personalized treatment plan from Albanese Physical Therapy, you'll be back to the activities you love in no time.

Sources:
<https://www.ninds.nih.gov/health-information/disorders/peripheral-neuropathy>
<https://www.physio-pedia.com/Neuropathies>



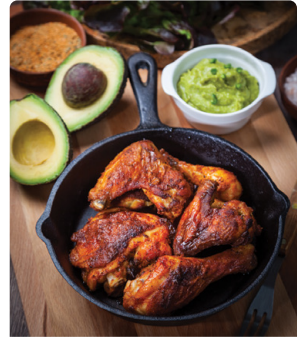
Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com

FREE SCREENING

Schedule your free screening today!

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FEEL BETTER BY EATING BETTER

BLACKENED CHICKEN WITH AVOCADO CREAM SAUCE

- 4 chicken breasts
- 2 tbsp blackened seasoning
- 1/2 cup plain, Greek yogurt
- 1/2 avocado
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- 1/8 tsp salt
- 2 tbsp green onions, thinly sliced

Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side.

Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with 1/2 tablespoon green onions.



Very exceptional and professional. I would recommend to everyone in need, that this is the place to receive the therapy for your needs!



Google 5-Star Review

DIABETIC NEUROPATHY AND FALL RISK: KNOW YOUR OPTIONS

Did you know that people with diabetic neuropathy have a higher risk of falling? The loss of sensation to your feet can throw off your balance. When combined with the vision changes brought on by diabetes, your risk increases even more.

And falls are definitely something to take *seriously*. A bad fall can lead to injury or hospitalization, making it even harder for you to stay active. Worse, falling increases the chances that you'll suffer another fall in the future.

Fortunately, the team at Albanese Physical Therapy can help you manage neuropathy symptoms and work with you to prevent falls! We offer personalized fall prevention programs designed around your specific needs and goals. Treatments we might incorporate include the following:

- **Addressing Neuropathy Symptoms:** We can help reduce the pain and discomfort of diabetic neuropathy, making it easier for you to get moving.
- **Balance Training:** We'll guide you through exercises to challenge your balance and stability, gradually increasing the intensity so you see improvements.
- **Walking and Exercise Programs:** Staying active helps improve overall balance and mobility. We'll help you develop ways to get moving that are appropriate to your age and ability level.
- **Strength Training:** Strengthening your core and lower body can help you stay on your feet.

Ready to build your confidence, work on your balance, and reduce your fall risk? Call us today to schedule an initial consultation!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7644813/>
<https://diabetes.org/health-wellness/fitness/balance-and-avoiding-falls>



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!



Albanese
Physical
Therapy

FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

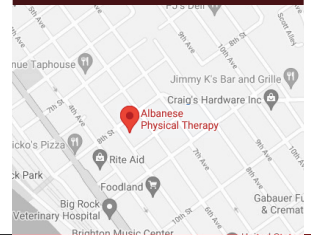
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