

PERIPHERAL NEUROPATHY

HOW IT AFFECTS THE FOOT



FEATURES AND CAUSES

- Damage or dysfunction of peripheral nerves outside the brain and spinal cord.
- Affects sensory, motor, and autonomic nerves (mononeuropathy or polyneuropathy).
- Causes include chronic diseases, infections, autoimmune disorders, toxins, medications, and inherited conditions.

SYMPTOMS AND IMPACT ON THE FOOT

- Abnormal sensations (tingling, numbness, pins and needles) in hands, arms, feet, and legs.
- Pain, muscle weakness, loss of protective sensation, and autonomic dysfunction.
- Foot ulcers and deformities, such as cavus foot, due to loss of protective sensation.



VISITING A PODIATRIST IF YOU SUFFER FROM PERIPHERAL NEUROPATHY IS CRUCIAL FOR EARLY DETECTION, MANAGEMENT, AND PREVENTION OF FOOT COMPLICATIONS ASSOCIATED WITH THE CONDITION.

MANAGEMENT

- Treat underlying conditions, discontinue medications, and relieve discomfort.
- Physical therapy for muscle strength and mobility.
- Lifestyle changes like smoking cessation or alcohol avoidance.
- Podiatrists detect signs through medical history, symptom review, examination,

