

# Occupational Therapy Toolkit

## Peripheral Neuropathies

### **Functional Limitations:**

ADL, IADL, work and leisure impairment

Functional mobility impairment

Impaired hand function

Decrease sensation - hands and feet

Pain

Muscle weakness

Foot drop

Fall risk

Other symptoms and conditions - diabetes mellitus, chemotherapy, Guillain-Barré, rheumatoid arthritis, lupus, nerve compression, chronic kidney or liver failure

### **Occupational Therapy Intervention:**

ADL, IADL, work and leisure training including but not limited to...

Recommend and/or provide adaptive equipment and alternative methods to compensate for weak grasp and sensory loss (Dr. Grip pen, rubber bands or non slip drawer liner placed around utensils, cups, grooming containers, using rubber gloves with tasks to provide grip )

Instruct in using vision to compensate for sensory impairment during hand tasks and mobility

Instruct to monitor skin on hands and feet for injury, areas of redness

Teach compensatory techniques and safety measures for sensory deficits (bath temperature, burns in kitchen, avoid heating pads, not going barefooted)

Provide UE therapeutic exercises and activities to improve strength and endurance

Educate regarding falls risk and prevention strategies

### **Patient Education:**

1. Upper Body Strengthening and Stretching Exercises
2. Hand Strengthening Exercises
3. Stress Management and Relaxation Techniques
4. Falls Risks Assessment and Prevention Strategies