

Physical Therapy Protocol for Treatment of Chemotherapy-Induced Peripheral Neuropathy

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Plan of Care	Manual Therapy	Therapeutic Exercise	Balance Training	Cardio Program	HEP
Initial Visit	Neuropathy massage to B feet	Gastroc, soleus, fascia stretch	Save for next session	Begin talking about a walking program	Massage 3x daily, stretches 1x daily
Week 2-4	Neuropathy massage to B feet	Ankle 4-way starting with light band, working up to 30x, and progressing to heavier bands when there is good eccentric control	4-Stage Balance training working on semi-tandem, tandem, single leg stance on floor with head turns, eyes open and eyes closed	Begin a walking or cycling program for HEP using patient self-report, watch tracker, or other motivator for compliance 3x per week	Massage 3x per day, ankle 4-way daily 30x stretches daily, balance homework 3x per week, walking program 3x per week
Week 5-6	Neuropathy massage to B feet	Progress ankle 4-way to heavy band, 30x slowly, add piano toes lifting big toes, then little toes, add lower extremity strength as needed per patient presentation	Progress balance to tandem stance and single leg stance on foam, with eyes open and closed, head turns, add brain games such as naming items from the store	Increase walking program per ACSM guidelines for cancer related fatigue and patient tolerance. Work on cycling or treadmill in clinic	Massage 3x per day, ankle 4-way daily, stretches daily, balance homework 3x per week, walking program 3x per week
Week 8-11	Neuropathy massage to B feet	When ankles are 5/5 for MMT testing, can progress to patient preferred exercises such as yoga and plyometrics	Progress the time in tandem and single leg stance, can add reaching beyond BOS	Continue to increase resistance, intervals, inclines with walking or cycling in clinic	Massage 3x per day, ankle 4-way or higher-level TX, stretches daily, balance homework 3x per week, walking program 3x per week