

## Amyloidosis Neuropathy Physical Therapy Recommendations

Physical Therapy (PT) can improve your ability to move, reduce risk for falls, and reduce pain. The following are recommendations for lifestyle management, strength, stretching, and fall prevention.

### LIFESTYLE MANAGEMENT/RECOMMENDATIONS:

- Graded compression garments-socks, leggings, shirts/abdominal binders
- Elevating legs
- Massage/lymphedema
- Foot/skin checks for wounds
- Exercise
- Sleep hygiene-routine: routine, calm environment, pillow supports
- Braces to protect injured nerves and/or weak joints
  - Ankle-Foot Orthosis, Knee stabilizers
- Assistive Devices for balance, support, gait mechanics, and independence
  - Canes
  - Walkers/rollators
  - Crutches
- Pacing/energy conservation - Avoid push/crash cycle

Take rest breaks before you are tired	Sit to complete tasks	Carry lighter/smaller loads
Learn to say NO	Prioritize activities	Use a shower chair
Avoid extreme temperatures	Plan ahead	Communicate needs ahead of time

### EXERCISES:

*Cardio:* Moderate-intensity (\*check with medical provider before initiating)

- 5/10 effort (moderate-can exercise and have a small conversation)
- Heart rate = 50-75% of maximal heart rate (check with healthcare provider for clearance)
- 150 minutes per week or 20-30 minutes per day
- Walking, biking, swimming, rowing, water aerobics, hiking

*Stretching:* 1x/day - 3-5 sets of 30 second holds

- Modify position: lying, seated, standing
- Focus on muscles that are shortened in sitting positions
  - Pec major/minor
  - Hip flexors
  - Quadriceps
  - Hamstrings
  - Calves
- If stretch causes numbness/tingling/paresthesia, try a nerve glide exercise

*Strengthening:* 2-3x per week - 3 sets of 8-10 repetitions

SUPINE/LYING	RECUMBENT/RECLINED	SEATED/SITTING	STANDING
Marching knees	Heel slides	Marching	Squats
Bridges	Clamshells	Knee extension	Hip abd/ext
Leg lifts	Bicep curls	Hamstring curls	Rows
Chest press	Chest press	Rows	Pull downs
Back Fly	Core leg rotations	Trunk rotations	Wall push up

*Balance:* 2-3x per week - 5-6 exercises x 30 seconds each

	FEET APART	FEET TOGETHER	TANDEM	SINGLE LEG
FIRM GROUND	Easy	Easy-medium	Medium	Medium-Hard
FOAM PAD	Medium	Medium	Medium-Hard	Hard
EYES CLOSED	Medium	Medium	Medium Hard	Hard

#### HOME SAFETY RECOMMENDATIONS:

- Clear spaces & declutter floor and other surfaces
- Remove throw rugs/uneven surfaces
- Add Transition strips to level surfaces
- Increase lighting – night lights, automatic lights
- Move items to within reach
- Adaptive equipment – shower bench/chair, grab bars, transfer bars, grabbers, raised toilet seat, handrails on stairs
- Use a chair for dressing

#### Resources:

- How to find a PT: <https://www.choosept.com/find-a-pt>
- <https://arci.org/wp-content/uploads/2022/06/Neuropathy-in-Amyloidosis.pdf>

Katie Johnson, PT, DPT, OCS - [kathryn.johnson@hsc.utah.edu](mailto:kathryn.johnson@hsc.utah.edu)

Kelsi Schiltz, PT, DPT, NCS - [kelsi.schiltz@hsc.utah.edu](mailto:kelsi.schiltz@hsc.utah.edu)