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Effect of Stretching (FNS) and Strengthening Exercise (WBE) for Diabetic Neuropathy V.1

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We use this protocol and it's working

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Abstract

This randomized controlled trial evaluates the effectiveness of functional neural stretching combined with weight-bearing exercise in managing diabetic neuropathy. The structured physiotherapy protocol aims to reduce pain and neuropathy symptoms, while enhancing functional mobility and quality of life.

The study involves 100 participants randomly assigned to either an experimental group (receiving neural stretching and weight-bearing exercise) or a control group (standard physiotherapy). Over 8 weeks, outcomes including pain, sensation, neuropathy symptoms, functional status, and quality of life will be measured.

Expected results include significant improvements in pain relief, symptom reduction, and enhanced physical function in the experimental group. These findings may support integrating targeted neurodynamic and load-based exercises into diabetic neuropathy rehabilitation protocols.

Attachments



[Protocol Summery](#)

[Ann...](#)

18KB



[Interventions.docx](#)

15KB

Materials

Primary Outcome Tools:

- Pain: Visual Analog Scale (VAS)
- Neuropathy Symptoms: Michigan Neuropathy Screening Instrument (MNSI)
- Ankle ROM: Goniometer

Secondary Outcome Tools:

- Mobility: Timed Up and Go (TUG) Test
- Strength: Manual Muscle Testing (MMT), WHOQOL: World Health Organization Quality of Life assessment.

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