

# Both feet or hands / peripheral neuropathy - education & notes

Clinical-source reading and an observation workbook for lower leg & foot.

## 01 / Recognize the pattern

Burning, numbness, altered balance or weakness can affect both feet or hands. Peripheral nerves; the cause may be metabolic, nutritional, medication-related, traumatic or another condition.

## 02 / Understand the limits

A symmetrical pattern is not automatically a local tight muscle or pinched nerve. Treating the underlying cause is important.

## 03 / Movement and rehabilitation

Physiotherapy can help selected weakness and mobility problems. Protect numb skin and use supported exercise; clinical management also addresses the underlying cause.

## 04 / Review and warning signs

Avoid heat packs on numb areas, unprotected foot pressure or intense stretching to chase sensation. Do not change medicines without your prescriber. Foot wounds, new weakness or progressive balance problems need clinical review.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

# Put the guide to work.

A worked example, then your own next step.

## A practical example

Describe what happens during normal activity. Record location, timing and any change in function. Bring the notes to your clinician; do not use them to identify a nerve lesion or choose a stretching dose yourself.

## Your decisions

What task or goal do I want to improve?

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What is my starting point and what remains uncertain?

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Which detail changes my next useful action?

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What would make the action easier to repeat?

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When will I review it, and what would require earlier help?

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## Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

# Your working record.

Printable worksheet; use the companion CSV for an editable version.

| Date and region | Sensation and timing | Activity / position | Function / weakness | Questions / next action |
|-----------------|----------------------|---------------------|---------------------|-------------------------|
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## Evidence and original clinical reading

<https://www.nhs.uk/conditions/peripheral-neuropathy/>

Source reviewed 30 September 2026. The clinical publisher has not endorsed or individually approved this site. These guides support assessment, not self-diagnosis. Use clinician-agreed ranges and doses. Keep personal notes private.