

*At **EntireCare**, we understand the importance of good health, exercise and daily activity.*

That is why our mission is to improve the health of the people and communities we serve.

With a physician's order, most insurance companies will cover some or all of the cost associated with these programs.

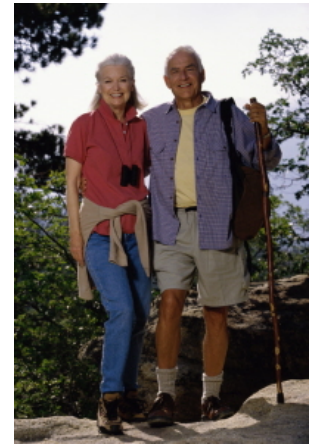
***EntireCare** will be happy to assist you in determining your coverage.*

EntireCare is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.

For more information contact:



(928) 639-6383



Peripheral Neuropathy Program

A comprehensive treatment plan

Our Physical Therapy team offers a comprehensive treatment program for Peripheral Neuropathy for individuals with and without diabetes. This excellent program utilizes Infrared Therapy (Anodyne®) along with balance and strength training to improve circulation, balance and walking capacity, while reducing numbness and pain.

What is Infrared Therapy?

Infrared light (non-visible to human eye) applied to the affected body area stimulates the red blood cells to release a substance called nitric oxide, which relaxes the blood vessels, improving the circulation and thus the delivery of oxygen and nutrients to the tissues in that area*.



What can I expect at my first visit? At the initial evaluation your physical therapist will check the condition of your feet, test your sensation, strength, balance and walking stability. Your first 30 minute session with the Infrared therapy unit will follow.

How does the Infrared feel?

Most patients experience comfortable warmth where the light pads are applied. Sometimes the skin turns pink in this area, but this will disappear after an hour or so. You may also feel some tingling or burning sensation due to increasing blood flow to your nerves. Be certain, however, to immediately report any sensation of excessive warmth/heat.

What kind of exercises will I be doing? Your therapist will develop an individually tailored program to address your goals and specific needs. The exercises generally will include lower body strengthening and progressive balance training.

* We are pleased to provide purchase information for the Anodyne home units. We do not have a financial relationship with Anodyne Therapy, LLC or any of its subsidiaries.

Why do I have to do the exercises? Exercise stimulates circulation, muscle growth and endurance. Balance training is the single most effective means of improving balance performance and decreasing risk of falls and injury. Most individuals with peripheral neuropathy have lost strength and balance as a result of the disease process. Please remember that Infrared therapy is intended to supplement, not replace, the role of exercise in treating peripheral neuropathy.

How many visits will I have for the neuropathy program?

Most patients will see significant improvement in strength, balance and sensation within 12 visits. By this point you should be able to perform your home program independently to maintain your strength and balance gains. You also will have the option to join our gym wellness program for a minimal monthly fee. Some patients choose to purchase Infrared units for home use from Anodyne® to help continue and maintain their sensation.[†]