

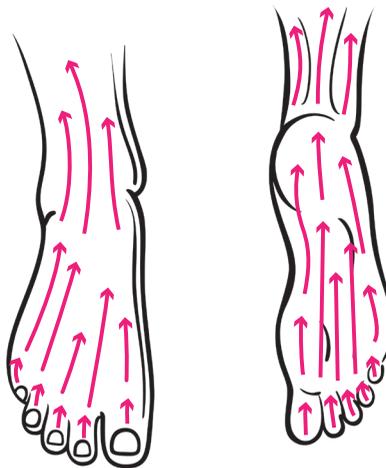
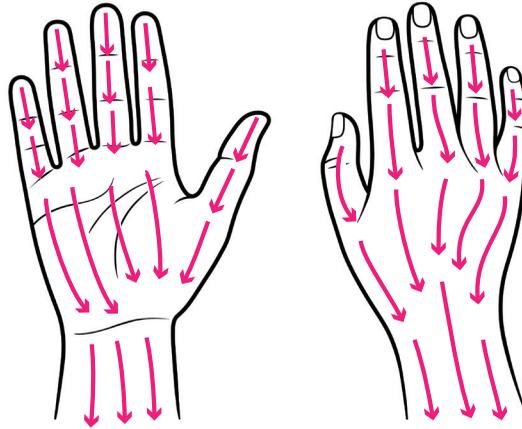
CHEMOTHERAPY INDUCED PERIPHERAL NEUROPATHY

Treatment Protocol

45-60 Minutes

HANDS

1. Apply massage cream to the extremity, working from the fingers and hands up the arm in the direction of the heart. Using gentle effleurage, massage the cream superficially into the skin. (2 minutes)
2. Beginning with the fingers, work each finger from the tip to the base by gently massaging the entire finger, top, bottom and sides. (5-8 minutes)
3. Continue effleurage or gentle kneading on the dorsal and palmer sides of the hand. (2-3 minutes)
4. Continue effleurage strokes toward the heart up to the elbow, working distal to proximal. (3-5 minutes)
5. Finish with effleurage and gentle kneading from the fingertips up to the elbows. (2 minutes)



FEET

1. Apply massage cream to the extremity, working from the toes and ankles up the knee in the direction of the heart. Using gentle effleurage, massage the cream superficially into the skin. (2 minutes)
2. Beginning with the toes, work each toe from the tip to the base by gently massaging the entire toe, top, bottom and sides. (5-8 minutes)
3. Continue effleurage or gentle kneading on the dorsal and plantar sides of the foot. (2-3 minutes)
4. Continue effleurage strokes toward the heart up to the knee, working distal to proximal. (3-5 minutes)
5. Finish with effleurage and gentle kneading from the toes up to the knees. (2 minutes)

GUIDELINES

Indications: Client complains of pins and needles, pain, loss of sensation in extremities, bilaterally (NOT RIPN).

Pressure: Level 1 (for someone NOT at risk for Lymphedema); Level 2 (for someone AT risk for Lymphedema).

Touch Guidelines: Slow strokes towards the heart, use thick cream.

Client Self Care: Wear socks or gloves, keep area clean, refer to PT if symptoms continue or get worse.

CONTRAINDICATIONS

NO deep pressure (to-the-bone) massage.

NOT OK with a client experiencing Hand/Foot Syndrome.

NOT for use with Radiation Induced Peripheral Neuropathy (RIPN); work previous radiation site if trained in MFR, scar management or other joint mobilization techniques. CIPN protocol can be included as part of RIPN session to provide comfort. Keep in mind CIPN protocol will **NOT** provide relief for RIPN.