Let’s talk about peripheral neuropathy...

- Peripheral Neuropathy can feel like numbness, tingling, burning, “pins and needles”, tremors, off-balance, and/or pain in hands, feet, legs or arms.
- Peripheral Neuropathy can be a side effect of cancer treatment.
- If you have a sudden loss of feeling or strength please call your healthcare team immediately.

What you can do

- Look at your hands and feet daily for sores/blisters you may not feel.
- To avoid burns, lower the temperature of your hot water heater. Use a thermometer to ensure shower/tub water is less than 120°F/49°C.
- Avoid exposing fingers and toes to very cold temperatures.
- Wear gloves when cooking, using the oven or doing dishes.
- If you feel your peripheral neuropathy is getting worse please tell your healthcare team.
- Consider acupuncture, massage, or yoga (but check with your healthcare team first)
- Talk to an occupational therapist about using loafer-style shoes, velcro shoelaces, adaptive equipment (e.g. larger handles on forks/knives) or wrist braces to ease symptoms.
- For Occupational Therapy or Physiotherapy, please ask your healthcare team for a referral.

For Feet & Legs

- Make sure you have shoes that fit properly.
- Make sure walkways at home are clear of clutter. Remove small rugs and other tripping hazards.
- Make sure your shower or bath floor is not slippery.
- When walking on uneven ground, look at the ground to help keep yourself balanced.
- Dangle your legs before standing up to avoid dizziness.
- If you have trouble walking, talk to a physiotherapist about using a walker, cane, or splint to help with balance and walking, to develop a physical training plan, or try TENS.

Other resources

General information at mcgill.ca/rcr-rcn/patient

In your hospital

Symptom Hotlines

Don’t hesitate to call!

Hours of operation:
8AM to 4PM

MUHC: (514) 934-1934 ext. 34160
JGH: (514) 340-8222 ext. 25529
St. Mary’s: (514) 734-2679, ext. 5

This information should not be considered as medical advice. It is not to be used in place of a visit with a doctor, nurse or other healthcare professional. If you have questions about your individual medical situation, please consult with your healthcare professional.

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