

# NEUROPATHY POST-TREATMENT



## WHAT TO EXPECT AFTER TREATMENT

Mild tingling, soreness, or fatigue may occur for 24–72 hours. Some patients notice relief quickly, while for others improvement comes gradually over several months. Healing continues as circulation improves and nerve function restores.



## MOVEMENT & EXERCISE

- Keep moving daily — even gentle exercise makes a difference.
- Chair stretches or light walking are great options.
- Avoid overexertion or strenuous activity that causes pain.
- Stay consistent — small daily steps add up.



## LIFESTYLE & SELF-CARE

- Hydrate well to support circulation and healing.
- Eat simple, home-cooked meals to nourish your body.
- Cook with ghee for its anti-inflammatory benefits.
- Soak feet in warm water with Epsom salt + baking soda to ease inflammation.

## STAY CONSISTENT WITH CARE

Neuropathy treatment works best when you stay on track.

- Trust the process — nerves take time to repair.
- Don't feel discouraged by ups and downs.
- Keep all scheduled visits for best results.



## ENHANCE YOUR RESULTS

- Manage stress and keep a positive mindset — your body heals better in balance.
- Ask Dr. Caldero about key supplements to support nerve repair and recovery.

## QUESTIONS OR CONCERNS?

We're here for you every step of the way!

📞 Call or Text: (626) 241-2420

Healing  
TAKES TIME

# NEUROPATHY RELIEF

**Advanced neuropathy treatment to help you walk easier and live better.**

## ★ WHAT IS IT?

Our Neuropathy Treatment program combines advanced therapies designed to restore nerve function, improve circulation, and support natural healing. It's safe, drug-free, and non-invasive.

## IDEAL FOR NEUROPATHY SYMPTOMS:

- Numbness in feet, legs, or hands
- Tingling or “pins & needles”
- Burning pain or sharp shooting pain
- Cold feet or poor circulation
- Restless legs or cramping
- Balance problems and unsteady walking
- Weakness in feet, ankles, or hands

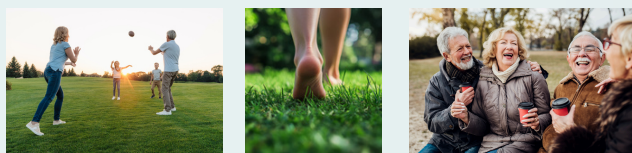
## KEY BENEFITS:

- Improves blood flow to damaged nerves
- Restores sensation & reduces numbness
- Relieves burning, tingling, and pain
- Stimulates natural nerve repair
- Enhances mobility, balance & stability
- Promotes restful sleep & quality of life



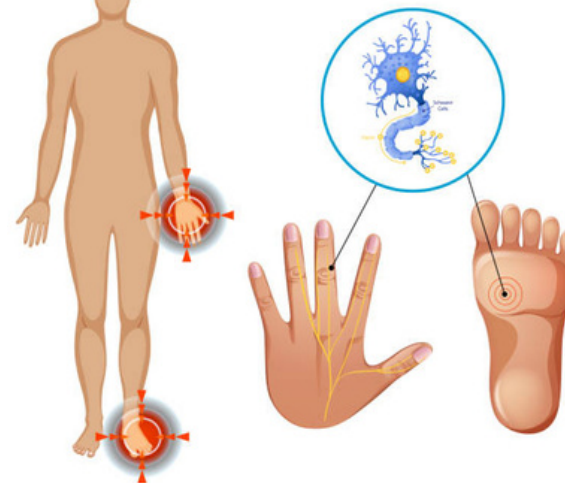
## 👏 GET BACK TO LIVING WITHOUT NERVE PAIN

Whether you want to walk comfortably, sleep through the night, or simply enjoy daily activities without discomfort, our Neuropathy Treatment helps you regain freedom, comfort, and confidence.



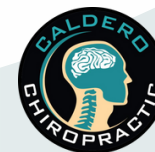
# STOP SUFFERING FROM NEUROPATHY

Pain, tingling, or numbness in the hands or feet, often related to diabetes.



## REDISCOVER LIFE WITHOUT PAIN

- Gentle in-office care
- Safe, non-invasive, drug-free
- Support natural healing
- Restore function and comfort
- Relieve numbness, tingling & pain
- Effective for feet and hands



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**Multiple sessions are often necessary** for treating peripheral neuropathy due to the progressive and chronic nature of the condition, as well as the time it takes for the nerves to heal and regenerate. Peripheral neuropathy involves damage to the peripheral nerves, often resulting in symptoms such as numbness, tingling, pain, and weakness in the hands, feet, or legs.

The healing process for nerve regeneration is slow, as nerves take time to repair and regenerate. In many cases, the nerves are so damaged that they require consistent stimulation and treatment to promote healing. Additionally, conditions like neuropathy may involve a combination of nerve damage, poor circulation, and inflammation, which can further delay recovery.

### Here's why multiple sessions are crucial:

- Gradual Healing:** Nerve tissue regenerates slowly, and consistent treatment is needed to stimulate and support healing over time.
- Promote Circulation:** Peripheral neuropathy often involves poor blood flow to the affected areas. Treatments like Class IV Laser Therapy and Hako-Med promote better circulation, which is essential for healing damaged nerves.
- Reduce Inflammation:** Inflammation often contributes to nerve pain and damage. Ongoing treatments help reduce inflammation, providing relief and preventing further injury.
- Long-Term Results:** Short-term treatments may provide temporary relief, but sustained therapy helps ensure that the effects last longer, improving the overall health of the nervous system and alleviating chronic symptoms.
- Prevent Further Damage:** With continuous care, the risk of permanent nerve damage and complications, such as amputation or loss of mobility, is minimized.
- Individualized Progress:** Each patient responds differently to treatment. Multiple sessions allow the doctor to assess progress and adjust the treatment plan for optimal recovery.

In summary, multiple sessions are necessary because neuropathy is a complex condition that requires consistent care for effective healing and to achieve long-term relief from symptoms.

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# NEUROPATHY TREATMENT PROTOCOL



## TYPICAL MEDICAL CARE

### Medications Commonly Prescribed for Neuropathy

- Gabapentin (Neurontin) and Pregabalin (Lyrica)
  - Antidepressants such as Cymbalta (duloxetine), Effexor (venlafaxine), or amitriptyline
- These may help reduce pain signals sent to the brain, but **they do not repair or restore nerve function.**



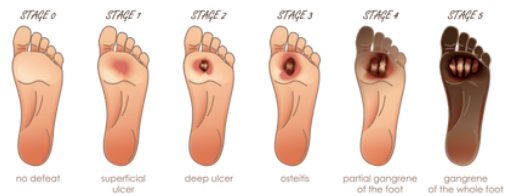
## POSSIBLE SIDE EFFECTS

- Foggy thinking / drowsiness – can affect memory, focus, or alertness
- Dizziness or loss of balance – may increase risk of falls, especially in older adults
- Weight gain or swelling – common with long-term use of Lyrica or Gabapentin
- Nausea, dry mouth, or digestive upset – more common with antidepressants
- Dependence / withdrawal symptoms – stopping suddenly can cause headaches, anxiety, or worsening pain
- Tolerance – over time, higher doses may be needed to get the same effect
- Mood changes – some medications carry warnings for depression or suicidal thoughts



## DANGERS OF NEUROPATHY DON'T IGNORE THE WARNING SIGNS

- Loss of Feeling in Feet or Hands** - Cuts, burns, or pressure injuries may go unnoticed and become infected.
- Increased Risk of Falls** - Numbness and poor balance raise your chances of stumbling or falling.
- Foot Ulcers and Slow-Healing Wounds** - Even small injuries can become open sores—leading to infections and complications.
- Risk of Amputation** - In severe cases, untreated infections can result in the loss of toes, feet, or legs.
- Severe Burning or Stabbing Pain** - Pain can become chronic and disabling if not addressed early.
- Muscle Weakness or Atrophy** - Weakened nerves affect your ability to move, grip, or walk safely.
- Digestive, Bladder, or Blood Pressure Problems** - Damage to autonomic nerves can affect organ function and daily living.
- Sleep Disruption & Depression** - Ongoing discomfort and pain can interfere with rest and your emotional well-being.



THE NEUROPATHY TREATMENT IS A SAFE, NON-INVASIVE PROGRAM DESIGNED TO RESTORE NERVE FUNCTION, IMPROVE CIRCULATION, AND SUPPORT THE BODY'S NATURAL ABILITY TO HEAL. IT IS ESPECIALLY EFFECTIVE FOR PATIENTS STRUGGLING WITH NUMBNESS, TINGLING, BURNING PAIN, OR BALANCE PROBLEMS.



## OUR APPROACH

- Hako-Med Electrotherapy** – Stimulates nerve repair & circulation
- Class IV Laser Therapy** – Deep tissue healing & regeneration
- Red Light Therapy Boots** – Boost oxygen & blood flow to nerves
- Shockwave Therapy** – Breaks up scar tissue, boosts circulation & stimulates natural healing

### Personalized Care

We use different therapies—not all at once—tailored to your condition, severity, and progress.



## KEY BENEFITS

- Restores sensation & reduces numbness
- Relieves burning, tingling & pain
- Improves circulation & nerve repair
- Enhances balance, stability & mobility
- Promotes better sleep & quality of life

At Caldero Chiropractic, we are committed to offering advanced therapies designed to help regenerate nerves, reduce inflammation, and promote long-term healing.

These therapies are considered preventative and wellness-based and are not recognized by insurance as "medically necessary" under their guidelines—even though they may greatly benefit your condition.

**According to Medicare Guidelines, Section 2251.3:** "A treatment plan that seeks to prevent disease, promote health, and prolong and enhance the quality of life; or therapy that is performed to maintain or prevent deterioration of a chronic condition is deemed not medically necessary."

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