

# A Comparative Study of Functional Strength Training and Proprioceptive Neuromuscular Facilitation on Balance and Gait in Diabetic Peripheral Neuropathy

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## Abstract

*Introduction:* Diabetic peripheral neuropathy is nerve damage that is mainly caused by diabetes. It most often damages the nerves in the legs and feet. The study's main purpose is to compare the functional strength training and proprioceptive neuromuscular facilitation on balance and gait in diabetic peripheral neuropathy.

*Methods:* Sampling 30 subjects of age group 50 to 70 years of both sexes selected from the outpatient department of KG College of Physiotherapy. 15 subjects receive Functional strength training, and another 15 receive Proprioceptive neuromuscular facilitation. The Berg balance and Dynamic gait index scales were assessed pre and post-intervention.

*Results:* diabetic neuropathy patients included in the study completed the 15 functional strength training sessions and were re-evaluated at the five-month follow-up. The two-tailed P value is less than 0.0001 by the conventional method; this result shows that it is extremely statistically significant.

*Conclusion:* This study concludes that functional strength training has improved the body's balance and gait during treatment.