

What can I do about tingly or numb hands or feet?



Things I can do with my family

Some patients have found these strategies helpful:

- Being careful when you use sharp tools like scissors or knives
- Wearing closed-toed shoes that fit well, even when inside
- Keeping your hands and feet warm during cold weather by wearing mittens and boots

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Suggest meeting with someone to help teach you strategies for managing your tingly or numb hands or feet
- Prescribe a medication

When should I call my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team or seek additional help if you:

- Have significant pain due to tingling or numbness
- Have trouble walking or using your hands