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Effectiveness of Lagos Neuropathy Protocol, Proprioceptive Neuromuscular Facilitation and Neuromuscular Taping on Sensorimotor Functions in Patients with Diabetic Peripheral Neuropathy: A Study Protocol

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ABSTRACT

Introduction: The management of Diabetic Peripheral Neuropathy (DPN) consists of multidirectional interventions. Physiotherapy, in addition to the pharmacological approach, has achieved appreciable popularity in ameliorating the symptoms of DPN. Lagos Neuropathy Protocol (LNP), Proprioceptive Neuromuscular Facilitation (PNF), and Neuromuscular Taping (NMT), have shown remarkable improvements in sensorimotor impairments in various neuromuscular and musculoskeletal disorders but no research has been established to compare the effectiveness of LNP, PNF and NMT on sensorimotor functions in individuals with DPN.

Need for this study: This study may provide the comparative significant differences between the LNP, PNF and NMT interventions among DPN patients.

Aim: To compare the effectiveness of LNP, PNF and NMT on sensorimotor functions in patients with DPN.

Materials and Methods: Sixty DPN subjects 60-75 years of age both male and female will be divided into 3 groups, scoring ≥2/13 on physical appearance and ≥1/10 on physical examination of the Michigan Neuropathy Screening Instrument (MNSI), <45 on Berg Balance Scale (BBS) and >12 on Leeds Assessment of Neuropathic Symptom and Sign (LANSS) scale will be included in the study. All three groups (LNP, PNF, and NMT) will receive an intervention for 3 days/week for 10 weeks respectively. Outcome measures will be assessed at baseline and post-intervention, respectively.

Keywords: Berg Balance Scale, Diabetic neuropathies, Leeds Assessment of Neuropathic Symptom and Sign, Michigan Neuropathy Screening Instrument.