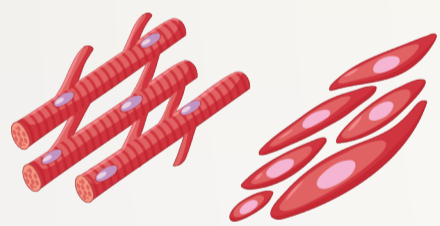
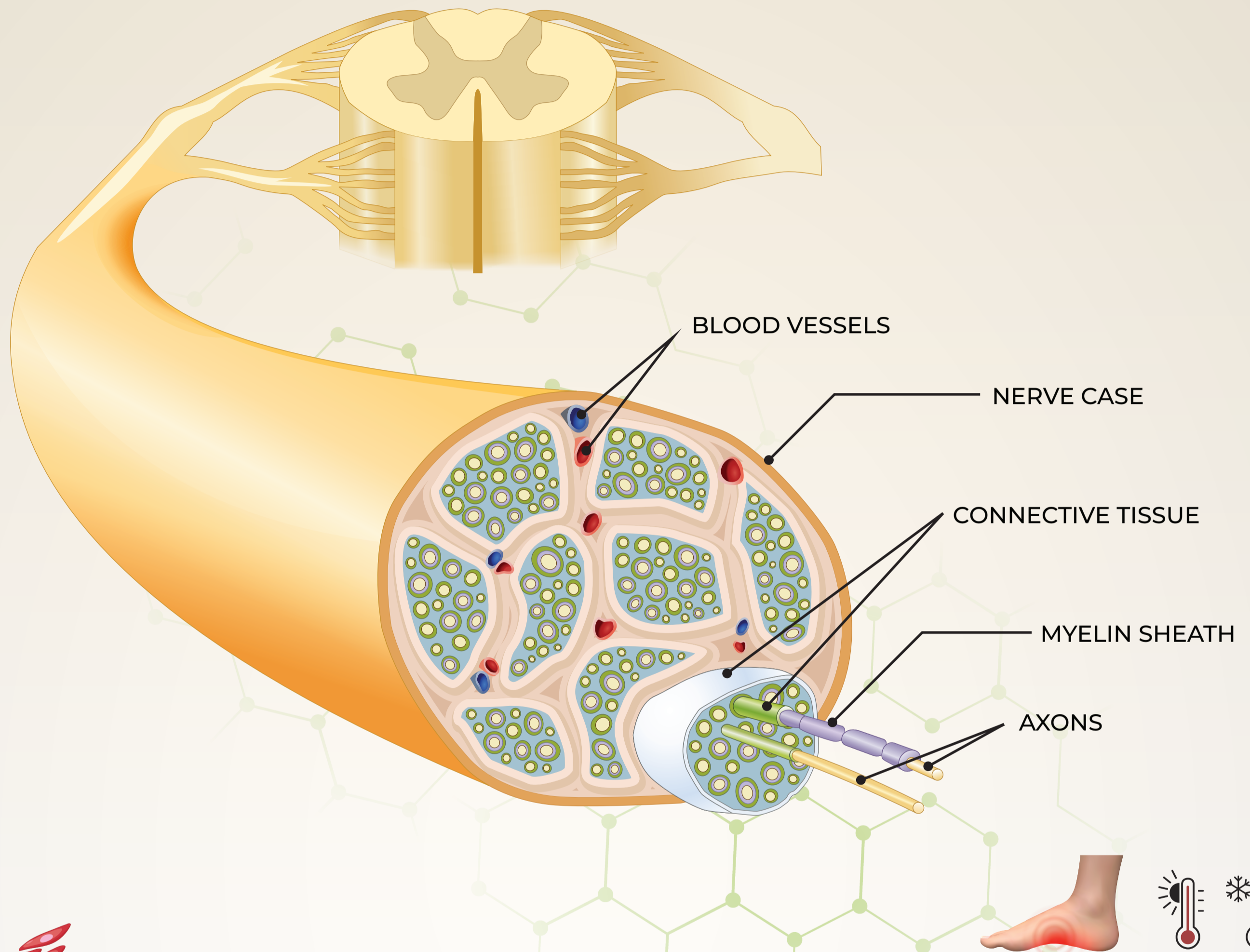


# NERVE FIBERS EXPLAINED

Nerves are like tiny wires in our body that help us feel things.

**Only about 20% of what nerves can do is responsible for making us feel pain.**

These nerve fibers or axons are like nine wires that connect our body to our brain.



## MUSCLES

- ✓ Buckling
- ✓ Cramps
- ✓ Reflexes

## BALANCE

- ✓ Difficulty standing
- ✓ Unsteady walk



## PAIN AND TEMPERATURE

- ✓ Burning
- ✓ Tingling
- ✓ Numbness
- ✓ Hot & Cold

## AUTONOMIC SYSTEM VESSELS (TO FEET)

- ✓ Low O2
- ✓ Decreased blood flow

