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**Original article**

**Effectiveness of strength training on hand function in patients with Diabetic neuropathy**

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**Abstract:**

**Introduction:** Diabetes mellitus is the major public health problem in India**.** The crude prevalence rate in the urban areas of India is thought to be 9 per cent. In rural areas,it is 3 per cent. Neuropathy, a common complication of diabetes mellitus, is generally considered to be related to duration and severity of hyperglycemia and causing Hand dysfunction in patients with Diabetic Neuropathy.

**Study Design** Experimental (pre-post) study

**Sample size:** 10 subjects. **Sample Technique:** Purposive sampling

 **Study setup:** Department of Physiotherapy, Vikhe Patil Memorial Hospital, Ahmednagar.

**Procedure:** Ethical clearance was obtained from IEC, PDVVPF, and COPT. Written Inform consent plan was taken from all participants. The exclusion criteria being History of cerebrovascular accident

1. Upper limb nerve injury
2. GBS & MND
3. Other neurological disorders

Grip strength was measured with hand dynamometer before the strength training program, strength training was done by spring hand dynamometer, squeeze ball and rubber band after 4 weeks again grip strength was measured with hand dynamometer.

**Result:**  The result found for strength training on hand function in Diabetic neuropathy was significant i.e after strength training exercises for hand their was significant improvement in grip strength.

**Conclusion:** The present study shows the significant improvements in hand function in both the hands. This study concludes that grip strength training improves hand function in diabetic neuropathy