**Neurofibromatosis**

Neurofibromatosis is a condition that causes tumors to form in the brain, spinal cord and nerves. It is usually non-cancerous. There are three types of this condition : Type 1, Type 2 and Schwannomatosis.

**Symptoms**:

* Type 1(NF1) :
  + light brown flat spots called cafe au lait spots
  + bone deformities
  + learning disabilities
  + high blood pressure
  + neurofibromas(soft pink, small lumps that can grow on nerves anywhere in the body) .
* Type 2(NF2) :
  + hearing loss
  + vision loss
  + difficulty with balance.
* Schwannomatosis :
  + chronic pain depending upon the location of schwannoma(A common area for schwannomas is in the nerve that connects your brain to your inner ear).

Age group: 20+

References : <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/neurofibromatosis>

<https://www.apollohospitals.com/patient-care/health-and-lifestyle/diseases-and-conditions/neurofibromatosis/>

***Exercises****:*

***Muscle weakness:***

**Legs:**

1. Bulgarian Split Squats
2. Pistol Squats
3. Box Jumps
4. Dumbbells Walking Lunges
5. Knee Drive Step-Ups
6. Hack Squats
7. Skater Squats
8. Lateral Lunges
9. Sled Drags

**Back**

1. Deadlifts
2. Chin-Ups
3. Bent Over Rows
4. Lat Pulldowns
5. Romanian Deadlifts
6. T-Bar Rows
7. Single-Arm Dumbbell Rows
8. Hyperextensions
9. Face Pulls

**Chest**

1. Bench Press
2. Push-Ups
3. Chest Dips
4. Incline Bench Press
5. Dumbbell Flyes
6. Cable Press
7. Machine Press
8. Decline Bench Press
9. Resistance Bands Press

**Biceps**

1. Barbell Bicep Curls
2. Dumbbell Bicep Curls
3. Hammer Curls
4. Preacher Curls
5. Concentration Curls
6. Cable Bicep Curls
7. Chin-Ups or Pull-Ups
8. Incline Dumbbell Curls
9. Reverse Grip Barbell Curls

**Triceps**

1. Close-Grip Press
2. Tricep Dips
3. Tricep Cable Pushdowns
4. Overhead Tricep Extension
5. Skull Crushers
6. Diamond Push-Ups
7. Tricep Kickbacks
8. Bench Dips
9. Cable Tricep Pushdowns

**Core**

1. Plank Variations
2. Russian Twists
3. Bicycle Crunches
4. Mountain Climbers
5. Dead Bug
6. Reverse Crunches
7. Flutter Kicks
8. Leg Raises
9. Ab Rollouts