

**DIABETIC MANAGEMENT THERAPY**

Individuals with diabetes can benefit from exercise and activity; however, pain and other factors may limit the ability to perform some activities. As specialists in exercise and movement treatments, physical therapists are uniquely qualified to provide customized programs that are safe and effective for the diabetic patient.

**Candidates for Diabetic Management Therapy**

If you suffer from severe medical conditions and functional limitations directly associated with type 1 or type 2 diabetes, you are an excellent candidate for our Diabetic Management Therapy Program.

**Evaluation and Monitoring**

On your first visit your therapist will do a comprehensive evaluation including a baseline fitness assessment to assess your current weight, BMI, blood sugar level, cardiovascular level, strength, flexibility and vital signs. In addition, your functional limitations and any other physical impairments or limitations will be assessed. Your progress will be reassessed weekly to ensure you are progressing toward your goals.

**Program**

The exercise prescription for people with diabetes includes aerobic/cardiovascular exercises and resistance/strengthening exercises. In addition, your therapist will customize your program to fit your time constraints, your fitness budget and your physical fitness. Likewise, your therapist will recommend a dietician who will design a nutrition program customized to your needs.

**Goals**

People with diabetes who perform regular exercise and nutrition counseling can see many benefits, including improved endurance, strength, flexibility, blood glucose levels, cholesterol, blood pressure, body weight and ability to do daily activities.