



PHYSIOBIZ

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MANAGING DIABETES THROUGH MOVEMENT: YOUR PHYSIOTHERAPY PATHWAY

Diabetes Mellitus (DM) is a metabolic disorder in which the body is unable to appropriately regulate the level of sugar, specifically glucose, in the blood. This inability stems from either poor sensitivity to the protein insulin or inadequate production of insulin by the pancreas.

"Diabetes is not a choice, but how I live with it is." – Brett Andreas



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PHYSIOTHERAPY:

- **Therapeutic Exercise Programmes:** Form a crucial aspect of diabetes management. Patient education on proper foot care is an integral part of the physiotherapy programme for diabetic patients.

- **Recommended Exercises for Diabetes**

Management: Individuals with diabetes should engage in regular aerobic exercises and strength training to promote positive adaptations in blood glucose control, insulin action, muscular strength, and exercise tolerance.

- **Importance of Exercise Modes in Diabetes:**

Various exercises play a vital role in diabetes management. They enhance glucose uptake by muscles, improve utilization, modify lipid levels, increase high-density lipoprotein, and reduce triglycerides and total cholesterol.

- **Preventing Neuromuscular Complications:**

Exercise aids in preventing, treating, and rehabilitating neuromuscular complications such as neuropathies, foot ulcers, arthritis, joint pains, frozen shoulder, back pain, and osteoarthritis associated with diabetes.

- **Reduced Morbidity and Mortality:** Moderate to high-intensity exercises like cardiorespiratory fitness, aerobic exercise, and progressive resistance exercises are linked to significantly lower morbidity and mortality rates in men and women with diabetes.



EPIDEMIOLOGY:

Diabetes is a worldwide epidemic.

- With changing lifestyles and increasing obesity, the prevalence of DM has increased worldwide.
- The global prevalence of DM was 425 million in 2017.
- With an increase in age, the prevalence of DM also increases.
- About 25% of the population above 65 years of age has diabetes.

SYMPTOMS:

Patients with DM commonly present with the following symptoms:

- Increased thirst
- Increased urination
- Lack of energy and fatigue
- Bacterial and fungal infections
- Delayed wound healing
- Numbness or tingling in hands or feet
- Blurred vision

